



LEISURE TIMES INDEX

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Community Services Spring Quarter HOLIDAY/CLOSED FRIDAY SCHEDULE

City Hall will be closed on the following dates: (No classes will be held on these dates.)

• Monday, May 29 (Memorial Day)

City Hall is closed to the public on alternating Fridays, with staff working longer hours until 6 pm during the remainder of the work week to serve you better! During the months of March, April, and May, City Hall is closed on the following Fridays:

- March 10, 24
- April 7, 21
- May 5, 19

For general questions regarding Community Services Programs, visit **www.lakeforestca.gov.** You can also register for programs even on closed days. Visit our online registration at **online.activecommunities.com/lfreconline**.



Contact Information

City Hall 461-3400
Community Services 461-3450
Etnies Skatepark of Lake Forest 916-5870 www.etniesskateparkoflakeforest.com
Lake Forest Sports Park & Recreation Center 273-6960
Lake Forest Teens273-6961 www.LFteens.com
Lake Forest Seniors 461-3408 www.lakeforestca.gov/seniors
Saddleback Emeritus Registration 582-4835
IVC Emeritus Registration . 451-5555
SVUSD Recreation768-0981, press 3
Building Inspection 461-3470
City Clerk 461-3420
City Council 461-3420
City Manager's Office 461-3410
Community Policing Center
Economic Development 461-3567
Employment Hotline 461-3418
Fields Hotline 461-3595
Graffiti Hotline 461-3583



Public Works 461-3480

Front Cover Photo: Nick Gates

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CITY SPECIAL EVENTS



Bunco or Bust

Calling all Bunco players! We're having some kind of fun at Bunco or Bust! If you have never played Bunco, we'll teach you! No skill is involved--just luck...lots of it! The only thing you need to know is how to roll dice. Before Bunco begins, enjoy yummy appetizers, non-alcoholic margaritas and beverages. Prizes will be given away...so what's stoppin' ya?

Fee: \$7 per person

Location: Lake Forest Community Center (25550 Commercentre Dr)



To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Barcode#: 7789 Adults/Seniors Mar 10 Fri 7-9:30 pm Barcode#: 7826 Adults/Seniors May 5 Fri 7-9:30 pm

Rancho Days Fiesta at Heritage Hill Historical Park

Come explore the rich history of Orange County's Mexican Ranchos and Native American tribes! Experience the sights, sounds and smells of the past through music, dance, crafts, and hands-on demonstrations. Historic buildings, including the 1863 Serrano Adobe, will be open, courtesy of Amigos de la Colina Docents. Refreshments will be available for a nominal fee.

Fee: \$5 admission per person. Children under the age of 3 are free.

Location: Heritage Hill Historical Park (25151 Serrano Rd)

Registration: Day of event registration only

For more info call: Heritage Hill Historical Park at 923-2230 More information about Heritage Hill Historical Park, as well as other OC Parks, is available at www.OCParks.com.

Families May 6 Sat 11 am- 3 pm

Bunny Blast \$ An Egg Wonderland!



Saturday, April 8, 2017

Don't be late for a very important date! It is time for everyone's springtime favorite - Bunny Blast: "An Egg Wonderland"! Enjoy a fun filled event for the whole family with a day of activities including game booths, entertainment, a DJ and other fun activities! Bring your own bags and baskets, there will be an unconventional egg hunt with egg stations where kids can collect eggs full of candy with an egg station card. The first 1,000 kids can participate in these egg-cellent egg stations! Alice and her Wonderland friends will be there, too. Bring your camera to take pictures with Nectar, the Mad Hatter, the Cheshire Cat, the White Rabbit and Hoppy the Spring Bunny. Hop on down early to take part in all the fun!

Location: El Toro Park (23701 Los Alisos Blvd)

For more info call: The Lake Forest Recreation Center at 273-6960

Families Apr 8 Sat 11 am-3 pm

Fee: \$10 per wristband*

Presale for Lake Forest Residents Only at the Lake Forest Recreation Center

Wristband includes: unlimited games, rides and attractions

*Limited number of wristband sales at the event

Pre-register: Purchase wristbands at Lake Forest Recreation Center (28000 Rancho Parkway) – PRESALE and EVENT ARE CASH ONLY

For more info call: The Lake Forest Recreation Center at 273-6960

Lake Forest Resident Presale Dates (proof of residency is required i.e. Driver's License or Utility Bill):

Lake Forest Residents Only Wed Mar 22 12-7 pm Lake Forest Residents Only Thu Mar 23 12-7 pm



10th Annual Aliso Creek Clean-Up Day

Help fight the battle against litter and debris with the City Of Lake Forest and Wal-Mart! Join other Lake Forest residents, community groups and City staff in removing litter from a portion of the Aliso Creek. We will supply the gloves, trash bags, reacher sticks, volunteer shirt, snacks and beverages. Meet at Cherry Avenue and Fernbank Street (southwest of Cherry Park). Park on Cherry Avenue. All volunteers such as service organizations, students, scout groups, Kiwins, teens and adults are welcome. Minors must be accompanied by an adult. All volunteers must sign a waiver form. Please wear appropriate footwear, sunscreen, and a hat.

Location: Cherry Ave and Fernbank St

For more information and to register call: The Recreation

Center at 273-6960

5 yrs-adult May 13

Sat

9-11:30 am

The City of Lake Forest is happy to accommodate individuals with special needs in any of our programs.

To request a specific accommodation, please call (949) 461-3450.

Spring 2017 Events At A Glance

DATE	TIME	EVENT	LOCATION	FEE
Friday, March 31	6-10 pm	Band Nights at the Skatepark	Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)	\$5 per person
Saturday, April 8	11am-3 pm	Burny Blast: An Egg Wonderland!	El Toro Park (23701 Los Alisos Blvd)	Free admission \$10 pre-sale wristband available for games, rides, and attractions
Saturday, April 8	11am-1 pm	Etnies Egg-cellent Egg Hunt and Festival of Colors	Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)	\$5 for egg hunt, games, crafts, and jumpers Pre-registration required
Saturday, April 29	9 am-12 pm	Special Needs Resource Fair	Lake Forest Sports Park Commons (28000 Rancho Pkwy)	Free
Saturday, May 6	11am-3 pm	Rancho Days Fiesta at Heritage Hill Historical Park	Heritage Hill Historical Park (25151 Serrano Rd)	\$5 per person; children under age 3 are free
Saturday, May 13	9-11:30 am	Aliso Creek Clean-Up Day	Cherry Ave and Fernbank St	Free to participate



For more info call 461-3450, 273-6960, or visit our website at *www.lakeforestca.gov* For up-to-date info on City special events, check out *facebook.com/LakeForestEvents*



YOUTH

Kids' Factory – SVUSD

Kids' Factory is a drop-in recreation program sponsored by the City of Lake Forest and is designed for elementary school children grades K-6. All activities are held outdoors and are subject to cancellation due to unfavorable weather conditions. Check on the status of Kids' Factory sites by calling the Weather Hotline, 460-2735, after 11 am.

Instructor: SVUSD Staff Fee: \$50/entire school year

Locations: Foothill, Gates, Lake Forest, La Madera, Olivewood,

Portola, Rancho Canada, Santiago

To Register: Please visit communityservices.svusd.org or register on-site by check or credit card. Registration by a

parent or legal guardian is required.

For more info call: SVUSD at 768-0981, press 1

Grades K-6 Sep 6-Jun 2 Mon-Fri

Times vary depending on school dismissal.

Spring Breakout Camp

Spring Break is here, and this year instead of just sitting around the house all day, "break out" of your habit and join us at "Spring Breakout Camp"! The camp consists of three days of onsite fun and two-days of field trips. Camp will be full of crafts, games, and other fun activities! Participants must bring a snack and a lunch. Some excursions may require additional money for your child to have lunch, play games, or buy souvenirs. Excursions are subject to change. Camp will have an 8 to 1 camper to counselor ratio. No transfers or refunds for missed days. Parent letters, emergency forms, and weekly schedules are posted on http://www.lakeforestca.gov/612/Youth-Camps.

Instructor: Lake Forest Recreation Staff
Fee: \$129 per participant – Resident
\$134 per participant – Non-Resident
Location: Lake Forest Recreation Center

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Lake Forest Recreation Center at

273-6960

Barcode#: 7694 6-10 yrs Apr 10-14 Mon-Fri 7:30 am-6 pm

(must be in 1st grade) *No early drop-offs

TEEN ACTIVITIES & EXCURSIONS

Spring into Fun Camp

Attention all Intermediate School students! Take a week long break from school and experience fun amusement parks and attractions Southern California has to offer during the spring break! Sign up for this exciting camp where we'll be doing fun activities and games all week long! We'll also be going on two fun days of excursions! Our fee includes activities, trips, snacks, supplies and transportation. Don't wait! Sign up for this camp fast before you have to go back to school!

Instructor: Lake Forest Recreation Staff
Fee: \$129 per participant – Resident
\$134 per participant – Non-Resident
Location: Lake Forest Recreation Conter

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Lake Forest Recreation Center at

273-6960

Barcode#: 7623 11-14 yrs Apr 10-14 Mon-Fri 7:30 am-6 pm

"Last Fridays" Lounge Nights

Join us at the end of every month and celebrate Last Fridays! Give your parents a night off and celebrate good times with friends at the Recreation Center and Teen Lounge! There will be video games, dinner and snacks, movie screenings, music, activities and maybe even surprise guest entertainers! Cool prizes will also be raffled away! These will be Friday nights you won't want to miss! Discount is given to participants who pre-register.

Fee: \$5 per person per Friday-pre-registered \$7 per person per Friday-at the door

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

For More Info Call: 273-6975 or email mvillasenor@lakeforestca.gov

To Register: Online, Mail-In, Walk-In

Barcode#: 7624 **Teens** 11-14 Mar 31 Fri 6-9:30 pm Barcode#: 7625 **Teens** 11-14 Apr 28 Fri 6-9:30 pm Barcode#: 7626 6-9:30 pm **Teens** 11-14 May 26 Fri



Register for spring camps beginning Tuesday, February 7 at 8 am!



(Non-residents can register beginning Tuesday, February 14)

6-7 pm



College Workshop: Finding the Right College



High school students can create their college options. This workshop will cover 25 ways NOT to choose a college, standardized test tips and how to avoid common mistakes. Financial Aid will be explained – Merit Aid vs Need-Based Aid, FAFSA, EFC and Profile. Find out what questions to ask a college. **Parents are free with paid student and encouraged to attend.**

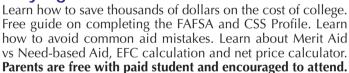
Instructor: David Gurr Fee: \$25 – Resident \$30 – Non-Resident (1-day workshop)

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960 Barcode#: 7633 14-18 yrs Mar 30 Thu 6-8:30 pm

College Workshop: Playing the Financial Aid Game



Instructor: David Gurr Fee: \$25 – Resident \$30 – Non-Resident (1-day workshop)

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960 Barcode#: 7634 14-18 yrs Apr 27 Thu 6-8:30 pm

College Workshop: Selective College Admissions



Learn the key factors desired by Elite colleges. Know what the Top 12 strengths and experiences colleges look for in students. Learn strategies in building your ideal balanced college list. Discussion on UNNWR ranking methodology, early decision and early action. Review case studies and targeted approaches to essay building. **Parents are free with paid student and encouraged to attend.**

Instructor: David Gurr Fee: \$25 - Resident \$30 - Non-Resident (1-day workshop)

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960 Barcode#: 7635 14-18 yrs May 25 Thu 6-8:30 pm

A.C.T. (Advisory Committee for Teens)

Are you in middle school or high school and want to make a difference in your community? Then get ACTive in your community and make it happen by joining the A.C.T. Let your voice be heard! Help plan teen activities and excursions, volunteer for City events, and be a voice for your community. The committee meets twice a month and does service projects throughout the year. This prestigious group helps to give students real world experience and service hours for college applications. This is a year-long commitment volunteer group. Teens wishing to be a part of the group must attend a meeting and go through the application process that includes a registration packet and interview.

Location: The Lake Forest Recreation Center (28000 Rancho Parkway)

For more info call: 273-6975 or email mvillasenor@lakeforestca.gov

Spring Committee Meeting nights:
Teens Mar 2 Thu
Teens Mar 15 Wed

6-7 pm Teens Mar 30 Thu 6-7 pm **Teens** Apr 12 Wed 6-7 pm **Teens Apr 27** Thu 6-7 pm **Teens** May 10 Wed 6-7 pm Teens May 25 Thu 6-7 pm

Spring has Sprung!

We invite you to enjoy our beautiful parks.

- Please be respectful of residents who live near the parks
- Keep your dog on a leash
- Don't set up any large tents (small pop-ups are ok)







LAKE FOREST SPORTS PARK & RECREATION CENTER

The Lake Forest Sports Park & Recreation Center Gymnasium spreads 27,000 square feet with two hardwood floored basketball courts and two volleyball courts.

Stop by Open Gym times for a game of basketball or volleyball! Free for Residents and Commercial Residents. Open Gym membership for non-residents is \$100 for the 2017 calendar year, and \$5 daily pass.



Basketball:

Monday-Friday 11 am - 1pm

Monday 6:30 pm - 9:30 pm (30 and older)

Saturday 2 pm - 6 pmSunday 2:30 pm - 5:30 pm

Volleyball:

Wednesday 6:30 pm - 9:30 pm Saturday 6:30 pm - 9:30 pm Sunday 10 am - 2 pm

Futsal Soccer:

Thursday 6:30 pm - 9:30 pm

Pickleball:

Tuesday 8:30 am - 10:30 am Thursday 8:30 am - 10:30 am

- All participants must be over the age of 14 or accompanied by a parent/guardian.
- A photo I.D. is required each time a participant attends Open Gym activities.
- No food or drink is allowed inside the gymnasium.
- Basketballs and volleyballs can be rented out for the exchange of an I.D.

Looking to connect with us? Follow us on these social media platforms:





facebook.com/lfsportspark

lakeforest_sportspark

Use **#Lakeforestsportspark** when posting your pictures and your picture may be reposted on one of our social media platforms.

Pickleball Demo

Pickleball is one of the fastest growing sports in the country. Originally popularized by a Boomer population looking for something a little more exciting than bingo but less time-consuming than a round of golf, the sport has made a generational jump and is catching fire among people of all ages. Please join us for a demonstration of this trendy sport in preparation for the City's upcoming Pickleball courts, which will open at Portola Park soon. **Pre-registration is required and space is limited.**

Location: Pittsford Park Tennis Courts

Fee: Free

To Register: Online, Mail-In, Walk-In

For more info call: Recreation Center at 273-6960

Barcode#: 7885 Families Apr 22 Sat 10 am-12 pm







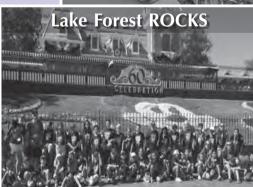




Summer is Coming!

Preview our summer camps! Open house and demo day on Saturday, May 6, 1-3 pm at Lake Forest Sports Park!







RECREATION CLASSES

Preschool Programs

St. Patrick's Day Preschool Party!

Lucky you! You are invited to come join us for a wee bit o' fun! There will be Leprechauns, Shamrocks, Rainbows and a pot of gold! We have a lot of stories to be told! Come enjoy a St. Patrick's Day themed party with games, stories, songs, crafts and a delicious snack! Parent participation is required for this popular program.

Instructor: City Staff

Fee: \$10 per person – Resident \$15 per person – Non-Resident

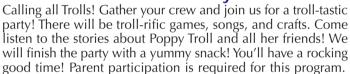
(1 time workshop)

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960 Barcode#: 7691 2-5 yrs Mar 17 Fri 10-11 am

Troll-rific Preschool Party!



Instructor: City Staff

Fee: \$10 per person – Resident \$15 per person – Non-Resident (1 time workshop)

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960 Barcode#: 7692 2-5 yrs Apr 7 Fri 10-11 am

Moana Luau Preschool Party!

Aloha! We're having a luau that is sure to be fun! Moana and friends are waiting for you to come! This party will be a luau filled with fun games, songs, crafts and story time too! Not to mention a yummy snack too! Hula on over for this great party! Bring your aloha spirit, we hope to see you there! The ocean is calling! Parent participation is required for this program.

Instructor: City Staff

Fee: \$10 per person – Resident \$15 per person – Non-Resident (1 time workshop)

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960 Barcode#: 7693 2-5 vrs May 5 Fri 10-11 am



Youth

Reading Readiness Program



Instructor: Nabila Rangoonwala

Fee: \$249 - Resident \$254 - Non-Resident (4-week session)

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960 Barcode#: 7840 3-6 yrs Mar 3-31 M, W, F 9:30 am-12:30 pm

Music Together

Here is your chance to experience a nationwide, research based "Music Together" program for children from birth to 4 vears old and the adults who love them! Children will have many opportunities to create and play. Each class is packed with new songs, rhymes, movement activities and instrumental sessions. This is an introduction to a lifetime of musical enjoyment! But best of all it is fun.

Instructor: Elena Salisbury, MM from Russian Conservatory, registered Music Together teacher.

Fee: \$155 - Resident \$160 - Non-Resident

> (10-week session) Babies under the age of 8 months free with registered sibling.

Materials Fee: A \$42 fee payable to instructor is required at first class meeting.

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7610 Birth-4 yrs Apr 3-Jun 12* Mon 9:15-10 am Barcode#: 7606 Birth-4 yrs Apr 3-Jun 12* Mon 10:15-11 am Barcode#: 7607 Birth-4 yrs Apr 3-Jun 12* Mon 4:30-5:15 pm Barcode#: 7608 Birth-4 yrs Apr 7-Jun 9 Fri 10:30-11:15 am Barcode#: 7609 Birth-4 yrs Apr 8-Jun 10 Sat 9:15-10 am

*No class 5/29





Save Time!

Register for our programs online at

online.activecommunities.com/lfreconline

Do, Re, Mi Piano and Music

Music class encourages development of the whole child through music with instrument play, piano fingering and playing simple tunes, singing do, re, mi music notations and songs, rhythm and melodic patterns, props, puppets and creative movement. Parent participation required. Keyboards provided by the instructor.

Instructor: Sophi Albert Fee: \$138 - Resident \$143 – Non-Resident (6-week session)

Materials Fee: An additional material fee of \$15 due to instructor at first class meeting

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960 Barcode#: 7594 2-5 yrs Mar 2-Apr 6 Thu 10:30-11:10 am

Pee Wee Gymnastics

This course teaches basic skills for floor exercise, bars, balance beam, and vault along with our 30 foot long trampoline. Participants will increase confidence and coordination along with developing listening skills, taking turns, and following coaching instructions. FREE open play when you are signed up in a gymnastics class.

Instructor: Us Too Center Staff

Fee: \$65 - Resident \$70 - Non-Resident (4-week sessions)

Location: Us Too Center (25 Spectrum Pointe Dr #405)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7660 1-2 vrs* Mar 6- 27 Mon 10-10:45 am Barcode#: 7661 3-4 yrs** Mar 6- 27 Mon 11-11:45 am Barcode#: 7662 1-2.5 yrs* Mar 7- 28 Tue 10-10:45 am Barcode#: 7663 3-4 vrs** Mar 7- 28 Tue 11-11:45 am Barcode#: 7664 1.5-3 yrs Mar 8- 29 Wed 10-10:45 am Barcode#: 7665 3.5-4 yrs Mar 8- 29 Wed 2-2:45 pm Barcode#: 7666 1-3 vrs Mar 9- 30 Thu 11:30 am-12:15 pm Barcode#: 7667 1-2 yrs* Apr 3-24 Mon 10-10:45 am Barcode#: 7668 3-4 yrs** Apr 3-24 Mon 11-11:45 am Barcode#: 7669 1-2.5 vrs* Apr 4-25 Tue 10-10:45 am Barcode#: 7670 3-4 yrs** Apr 4-25 Tue 11-11:45 am Barcode#: 7671 1.5-3 yrs Apr 5-26 Wed 10-10:45 am Barcode#: 7672 3.5-4 vrs Apr 5-26 Wed 2-2:45 pm Barcode#: 7673 1-2 yrs* May 1-22 Mon 10-10:45 am Barcode#: 7674 3-4 vrs** May 1-22 Mon 11-11:45 am Barcode#: 7675 1-2.5 vrs* May 2-23 Tue 10-10:45 am Barcode#: 7676 3-4 yrs** May 2-23 11-11:45 am Tue Barcode#: 7677 1.5-3 yrs May 3-24 Wed 10-10:45 am Barcode#: 7678 3.5-4 vrs May 3-24 Wed 2-2:45 pm

*Mommy & Me classes: parent participation required

**Transition class: Kids advanced enough to not need parent participation



Junior Flame Gymnastics

This program is designed for girls and boys preparing to move from preschool classes into our Academy classes. This transition class places the emphasis on developing specific gymnastics skills through progressive activities: tumbling, vaulting, bars, balance beam, rings, p-bars, and trampoline.

Instructor: Wildfire Gymnastics Staff

Fee: \$70 – Resident \$75 – Non-Resident (4-week sessions) \$87.50 – Resident \$92.50 – Non-Resident (5-week sessions)

Materials Fee: Annual \$24 insurance fee per child payable

at Wildfire Gymnastics

Location: Wildfire Gymnastics (20662 Prism Place)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7611	5-6 yrs	Mar 6-27	Mon	6:30-7:25 pm
Barcode#: 7612	5-6 yrs	Mar 1-29	Wed	2:30-3:25 pm
Barcode#: 7613	5-6 yrs	Apr 3-24	Mon	6:30-7:25 pm
Barcode#: 7614	5-6 yrs	Apr 5-26	Wed	2:30-3:25 pm
Barcode#: 7615	5-6 yrs	May 1-22	Mon	6:30-7:25 pm
Barcode#: 7616	5-6 yrs	May 3-31	Wed	2:30-3:25 pm

Gymnastics- Girls Fire Academy

This program is structured to follow the guidelines set by USA Gymnastics and is achievement oriented in a fun and positive environment. Basic skills, progressions, strength and flexibility are included in our program. Instruction included on vault, bars, balance beam, floor exercise, tumble track and trampoline.

Instructor: Wildfire Gymnastics Staff

Fee: \$90 – Resident \$112.50 – Resident \$95 – Non-Resident \$117.50 – Non-Resident (4-week sessions) (5-week sessions)

Materials Fee: Annual \$24 insurance fee per child payable at

Wildfire Gymnastics

Location: Wildfire Gymnastics (20662 Prism Place)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7617	7-12 yrs	Mar 6-27	Mon	6:30-8 pm
Barcode#: 7618	7-12 yrs	Mar 1-29	Wed	2-3:30 pm
Barcode#: 7619	7-12 yrs	Apr 3-24	Mon	6:30-8 pm
Barcode#: 7620	7-12 yrs	Apr 5-26	Wed	2-3:30 pm
Barcode#: 7621	7-12 yrs	May 1-22	Mon	6:30-8 pm
Barcode#: 7622	7-12 yrs	May 3-31	Wed	2-3:30 pm

The City of Lake Forest is happy to accommodate individuals with special needs in any of our programs.

To request a specific accommodation, please call (949) 461-3450.

Gymnastics- Boys Fire Academy

This program is focused on three elements: a fun positive environment, fundamental skill development basic motor-muscular development in coordination, strength and flexibility. By emphasizing your child's success, athletic confidence will develop for gymnastics and any other sport your son may later pursue. Instruction included on tumbling, vault, P-bars, high bar, rings, pommel horse, tumble track and trampoline.

Instructor: Wildfire Gymnastics Staff

Fee: \$90 – Resident \$95 – Non-Resident (4-week sessions) \$112.50 – Resident \$117.50 – Non-Resident (5-week sessions)

Materials Fee: Annual \$24 insurance fee per child payable at

Wildfire Gymnastics

Location: Wildfire Gymnastics (20662 Prism Place)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7627	7-12 yrs	Mar 6-27	Mon	6:30-8 pm
Barcode#: 7628	7-12 yrs	Mar 1-29	Wed	2-3:30 pm
Barcode#: 7629	7-12 yrs	Apr 3-24	Mon	6:30-8 pm
Barcode#: 7630	7-12 yrs	Apr 5-26	Wed	2-3:30 pm
Barcode#: 7631	7-12 yrs	May 1-22	Mon	6:30-8 pm
Barcode#: 7632	7-12 yrs	May 3-31	Wed	2-3:30 pm

Beginning Tumbling

Tumbling classes are designed for boys and girls wanting to concentrate on the tumbling aspects of gymnastics. The class is great for aspiring cheerleaders and dancers wanting to learn acro skills or those who just like to flip! Students will use the trampoline, tumble tramp and spring floor. Strength and flexibility training are also incorporated into the classes. Beginning tumbling emphasizes fundamentals.

Instructor: Wildfire Gymnastics Staff

Fee: \$70 – Resident \$75 – Non-Resident (4-week sessions) \$87.50 – Resident \$92.50 – Non-Resident (5-week sessions)

Materials Fee: Annual \$24 insurance fee per child payable at

Wildfire Gymnastics

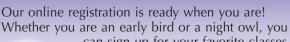
Location: Wildfire Gymnastics (20662 Prism Place)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7679 7-17 yrs Mar 4-25 Sat 11:30 am-12:30 pm Barcode#: 7680 7-17 yrs Apr 1-29 Sat 11:30 am-12:30 pm Barcode#: 7681 7-17 yrs May 6-27 Sat 11:30 am-12:30 pm

Did you know you can register for classes and programs 24/7?



can sign up for your favorite classes when it's most convenient for you. Visit *online.Activecommunities.Com/lfreconline* and you'll be on your way!



"Frozen" Parent & Me Princess Ballet

Enjoy all your favorite songs and stories in this special edition Princess Ballet class. Young dancers will be introduced to the fundamentals of ballet and creative movement with an element of fun and fantasy and lots of encouragement. Princess ballerinas will use props, bounce around 'snowballs', wear princess tutus, work on gross motor skills, hear stories from the 'Frozen' series and dance to songs from the movie and other princess favorites. Class also promotes listening skills, strength, coordination, balance and musicality. Visit ocdanceproductions.com for more information on classes and recommended attire.

Instructor: OC Dance Productions Staff

Fee: \$74 – Resident \$79 – Non-Resident (6-week session)

Material Fee: An additional material fee of \$5 due to instructor

at first class meeting.

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7704 1½-3 yrs Mar 6-Apr 17 Mon 10:45-11:30 am Barcode#: 7705 1½-3 yrs Apr 24-Jun 5 Mon 10:45-11:30 am

*No class 4/10, 5/29

"Frozen" Princess Ballet

Do you feel that winter chill? It's 'Frozen' Princess Ballet. Enjoy all your favorite songs and stories in this special edition Princess Ballet class this session. Young dancers will be introduced to the fundamentals of ballet and creative movement with an element of fun and fantasy and lots of encouragement. Princess ballerinas will use props, bounce around 'snowballs', wear princess tutus, hear stories from the 'Frozen' series and dance to songs from the movie and other princess favorites. Class also promotes listening skills, coordination, balance and musicality. Optional recital in June (must be enrolled in both winter and spring sessions) Nominal Costume fee applies. Visit ocdanceproductions.com for more information.

Instructor: OC Dance Productions staff

Fee: \$74 – Resident \$79 – Non-Resident (6-week session)

Material Fee: An additional material fee of \$5 due to instructor

at first class meeting.

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7576 3-5 yrs Mar 4-Apr 15 Sat 9-9:45 am Barcode#: 7577 3-5 yrs Mar 6-Apr 17 Mon 9-9:45 am Barcode#: 7706 3-5 yrs Apr 29-Jun 10 9-9:45 am Sat Barcode#: 7707 3-5 yrs Apr 24-Jun 5 Mon 9-9:45 am

*No class 4/10, 5/27, 5/29

Preschool Ballet and Tap

Our littlest dancers will be introduced to the world of beginning tap, jazz and ballet movements and terminology while incorporating kinder-ready skills such as color and number recognition. Class also includes developing spatial awareness, rhythm and listening skills. Ballet and tap shoes required. Optional recital in June – must be enrolled in winter and spring. Nominal costume fee applies. Visit *www.ocdanceproductions.com* for more information on class and recital.

Instructor: OC Dance Productions staff

Fees: \$74 – Resident

\$79 – Non-Resident (6-week session)

Material Fee: An additional material fee of \$5 due to instructor at first class meeting.

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960 Barcode#: 7708 3-5 yrs Mar 6-Apr 17 Mon 9:50-10:35 am Barcode#: 7709 3-5 yrs Apr 24-Jun 5 Mon 9:50-10:35 am

*No class 4/10, 5/29

Ballet, Jazz & Tap Combo

Dancers will start as balanced dancers with exercises and instruction in beginning classical ballet, rhythmic tapping and beginning jazz dance. Class also promotes musicality, coordination, balance and grace. Ballet and tap shoes required. Optional recital in June must be enrolled in winter and spring). Nominal costume fee applies. Visit www.ocdanceproductions.com for more information on class and recital.

Instructor: OC Dance Productions staff

Fee: \$75 – Resident \$79 – Non-Resident (6-week session)

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7710 3-5 vrs Mar 4-Apr 15 Sat 9:50-10:35 am Mar 7-Apr 18 Barcode#: 7711 3-6 vrs Tue 4:20-5:05 pm Barcode#: 7712 3-5 yrs Apr 29-Jun 10 Sat 9:50-10:35 am Barcode#: 7713 3-6 yrs May 2-Jun 6 Tue 4:20-5:05 pm

*No class 4/8, 4/11, 5/27

Three Ways to Register!

Online, Mail-In, Walk-In

Classical Ballet

Class focuses on beginner ballet terminology, positions, and movements with an emphasis on self-discipline, alignment, grace and poise. Ballet shoes required. Performance for family and friends on the last day of class. (Optional recital in June -must be enrolled in winter and spring). Nominal costume fee applies.

Instructor: OC Dance Productions staff

Fee: \$74 – Resident \$79 – Non-Resident (6-week session)

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7714 4-6 yrs Mar 4-Apr 15 Sat 10:45-11:30 am Barcode#: 7715** 4-6 yrs Mar 7-Apr 18 Tue 3:30-4:45 pm Barcode#: 7716 4-6 yrs Apr 29-Jun 10 Sat 10:45-11:30 am Barcode#: 7717** 4-6 yrs May 2-Jun 6 Tue 3:30-4:45 pm

*No class 4/8, 4/11, 5/27
**Beginning Classical Ballet

All-in-One Dance

Dancers will learn the basic fundamentals in ballet, jazz, tumbling and hip hop. Class promotes balance, coordination, rhythm, listening skills, and imagination through creative movement. Suitable for boys and girls. Optional recital in June – must be enrolled in winter and spring. Nominal costume fee applies.

Instructor: OC Dance Productions staff

Fee: \$74 – Resident \$79 – Non-Resident (6-week session)

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7718 4-7 yrs Mar 4-Apr 15 Sat 11:40 am-12:25 pm Barcode#: 7719 4-7 yrs Apr 29-Jun 10 Sat 11:40 am-12:25 pm

*No class 4/8, 5/27

All-Star Cheer and Pom

This fun introduction to cheerleading and dance builds a foundation of jumps, basic tumbling, stunting, simple cheers, and dance choreography. Optional recital in June – must be enrolled in winter and spring. Nominal costume fee applies.

Instructor: OC Dance Productions staff

Fee: \$74 – Resident \$79 – Non-Resident (6-week session)

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7720 4-7 yrs Mar 7-Apr 18 Tue 5:10-5:55 pm Barcode#: 7721 4-7 yrs May 2-Jun 6 Tue 5:10-5:55 pm

*No class 4/11

Singing Pre-Glee

Introduce your son/daughter to a world of music through our exciting singing class. Your son/daughter will learn music basics such as rhythm, notes, and dynamics through singing, dancing, and musical instruments. Each class will finish with a "mini-show", where your little one can feel what it is like to sing on a stage. Parents are welcome to watch the entire class. If you want to extend your experience, just let us know you want to be in the next big show. For more see www.GotGlee.com

Instructor: Glee Music Academy

Fee: \$49 – Resident \$54 – Non-Resident (4-week session)

Location: Glee Music Academy

(25 Spectrum Pointe Dr, Suite 406)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7724 4-6 yrs Mar 2-23 Thu 4-4:50 pm Barcode#: 7725 4-6 vrs Mar 6-27 Mon 4-4:50 pm 4-4:50 pm Barcode#: 7726 4-6 yrs Mar 16-Apr 6 Thu Barcode#: 7727 4-6 vrs Mar 13-Apr 3 Mon 4-4:50 pm

Singing Glee Club

Glee Club sings in 2-part harmony with piano accompaniment. Teaching harmony will develop their ear and give them confidence in reading music. By using popular music as our repertoire, we make the Glee experience educational without participants even realizing how much they are learning. The most exciting aspect for the students is that we also use choreography to add simple dance moves to our singing. If you want to extend your experience, just let us know you want to be in the next big show. For more see www.GotGlee.com

Instructor: Glee Music Academy

Fee: \$49 – Resident \$54 – Non-Resident (4-week session)

Location: Glee Music Academy

(25 Spectrum Pointe Dr, Suite 406)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7730 7-13 yrs Mar 2-23 Thu 5-5:50 pm Barcode#: 7731 7-13 yrs Mar 6-27 Mon 5-5:50 pm Barcode#: 7732 7-13 yrs Mar 16-Apr 6 Thu 5-5:50 pm Barcode#: 7733 7-13 yrs Mar 13-Apr 3 Mon 5-5:50 pm

Spring Registration Dates:

Tuesday, February 7 (Lake Forest Residents)

Tuesday, February 14 (Non-Residents)

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Parent and Tot CLAY Time

Roll, pinch and pound! Come and enjoy some creative time with your little one! Your young artist will enjoy a tactile experience using clay, as we hand build playful projects step-by-step. Different projects each week. All pieces will be glazed and fired.

Instructor: My Art Studio – Lucia Henry

Fee: \$69 – Resident \$74 – Non-Resident (4-week session)

Materials Fee: An additional material fee of \$20 due to in-

structor at first class meeting

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960 Barcode#: 7695 3-5 yrs May 8-Jun 12* Mon 2:30-3:15 pm

*No class 5/29

Clay Adventures

Have a blast learning how to turn clay into fun projects, such as castles, animals and wonderful creatures. We will hand-build the pieces as we learn techniques such as coiling, scoring, slab construction and decorate the pieces with under glazes. A new project each week. All pieces will be glazed and fired.

Instructor: My Art Studio – Lucia Henry

Fee: \$79 – Resident \$84 – Non-Resident (4-week session)

Materials Fee: An additional material fee of \$20 due to in-

structor at first class meeting

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960 Barcode#: 7696 6-11 yrs May 8-Jun 12 Mon 3:30-4:45 pm

*No class 5/29

Age Minimum And Maximum

When registering for programs online, if your child is under the minimum or over the maximum age for a particular program, you will not be able to register them. In some cases, an instructor will allow those interested in participating who are close to the age minimum and maximum to register. However, this is at the discretion of the instructor and we cannot guarantee registration will be permitted. For more info call (949) 461-3450.

Bionerds Human Body: We are Super II



Come and join this fun and hands-on biology workshop for kids! Learn about our amazing human body from your brain, muscles, skin, bones and kidney. Your child will perform cool biology experiments and activities. Older children (8-12 yrs) will perform dissection, younger children (5-7 yrs) will observe. More info: admin@bionerdsllc.com or 949-288-1486.

Instructor: Bionerds
Fee: \$120 - Resident
\$125 - Non-Resident
(6-week session)

Materials Fee: An additional material fee of \$30 due to in-

structor at first class meeting

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960 Barcode#: 7597 5-12 yrs Mar 1-Apr 5 Wed 4-5 pm

Bionerds Plants: Know Your Greens!

Come and join this fun and hands-on biology workshop for kids! Learn about amazing plants and trees on their photosynthesis ability, seed germination, anatomy and cell/DNA structures, and different types of plants from the desert to aquatic environment. Your child will perform cool biology experiments and activities. More info: *admin@bionerdsllc.com* or 949-288-1486.

Instructor: Bionerds
Fee: \$120 - Resident
\$125 - Non-Resident
(6-week session)

Materials Fee: An additional material fee of \$30 due to in-

structor at first class meeting

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960 Barcode#: 7595 5-12 yrs Mar 1-Apr 5 Wed 5:15-6:15 pm

For your convenience, we now accept credit card payments over the counter for our recreation programs! Credit cards may be used in person, at City Hall (2nd floor registration desk), at the Lake Forest Sports Park & Recreation Center and at the Etnies Skatepark of Lake Forest. We continue to accept cash and checks for our programs as well.



Bionerds Marine Animals: Amazing Waterworld!

Come and join this fun and hands-on biology workshop for kids! Learn about many marine animals, from starfish, fish, clam, shrimp, and more. Your child will perform cool biology experiments and activities. Older children (8-12 yrs) will perform dissection, younger children (5-7 yrs) will observe.

Instructor: Bionerds
Fee: \$120 - Resident
\$125 - Non-Resident
(6-week session)

Materials Fee: An additional material fee of \$30 due to in-

structor at first class meeting

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960 Barcode#: 7596 5-12 yrs Apr 19-May 24 Wed 4-5 pm

Bionerds Mix and Match Biology II



Come and join this fun and hands-on biology workshop for kids! These mix and match topics have never been unrelated, but still interesting to learn. Learn about bacteria, turtles, genetics, mushrooms and snails. Your child will perform cool biology experiments and activities. More info: admin@bionerdsllc.com or 949-288-1486.

Instructor: Bionerds
Fee: \$120 – Resident
\$125 – Non-Resident
(6-week session)

Materials Fee: An additional material fee of \$30 due to in-

structor at first class meeting

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960 Barcode#: 7598 5-12 yrs Apr 19-May 24 Wed 5:15-6:15 pm

Age Minimum And Maximum

When registering for programs online, if your child is under the minimum or over the maximum age for a particular program, you will not be able to register them. In some cases, an instructor will allow those interested in participating who are close to the age minimum and maximum to register. However, this is at the discretion of the instructor and we cannot guarantee registration will be permitted. For more info call (949) 461-3450.

Junior Tennis Camp

This camp is for all levels of players from beginner to advanced who are interested in learning more about tennis and making new friends. Tennis camp makes learning basic strokes, shot placement, serves, volleys, and strategies fun and easy for children. Please bring an unopened can of tennis balls and racquet to the first class meeting.

Instructor: Fabian Grassini Tennis & Sports Staff

Fee: \$125 – Resident \$130 – Non-Resident (5-day camp)

Location: Pittsford Park (21701 Pittsford Dr)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960 Barcode#: 7688 7-14 yrs Apr 10-14 Mon-Fri 9am-12 pm

Tennis For Everyone ~ Youth

Children are invited to learn to play this fascinating sport. Participants will do it all, from drills to match play, in a fast-paced, fun-filled environment. Please bring an unopened can of tennis balls to the first class meeting.

Instructor: Fabian Grassini Tennis & Sports Staff

Fee: \$95 – Resident \$100 – Non-Resident (8-week session)

Location: El Toro Park (21701 Pittsford Dr)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7682 3-5 vrs Apr 3-May 22 Mon 3:30-4:30 pm Barcode#: 7683 6-7 yrs Apr 3-May 22 Mon 4:30-5:30 pm Barcode#: 7684 8-12 yrs Apr 3-May 22 Mon 5:30-6:30 pm Apr 5-May 24 Barcode#: 7685 3-5 yrs Wed 3:30-4:30 pm Barcode#: 7686 6-7 yrs 4:30-5:30 pm Apr 5-May 24 Wed Barcode#: 7687 8-12 vrs Apr 5-May 24 Wed 5:30-6:30 pm

Sew Cool!

With an emphasis on fun, this children's textile and sewing workshop teaches skills from hand sewing to machine work. We'll focus on sewing and felting fun crafts and clothes.

Instructor: Elisabeth Clark

Fee: \$75 – Resident \$80 – Non-Resident (5-week session)

Materials Fee: An additional material fee of \$25 due to instructor at first class meeting

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7689 7-12 yrs Mar 4-Apr 1 Sat 1:30-3 pm Barcode#: 7690 7-12 yrs Apr 15-May 13 Sat 1:30-3 pm



Family Shotokan Karate

Learn self-defense and increase fitness and focus while having fun learning traditional Shotokan Karate Do, a Japanese martial art. Great for children, adults, and families.

Competitions available at local, regional, national, and international levels through International Nihon Karate-Do Academy competition team.

Instructor: Tai Cigar Fee: \$70 - Resident \$75 - Non-Resident (4-week session)

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960 Barcode#: 7599 5+ vrs Mar 6-29 Mon & Wed 4:30-5:30 pm Apr 3- 26 Mon & Wed 4:30-5:30 pm Barcode#: 7600 5+ vrs Barcode#: 7601 5+ yrs May 1-24 Mon & Wed 4:30-5:30 pm

Aikido for Self Defense – Kids

Aikido is a modern vet traditional Japanese form of selfdefense that advocates harmony over conflict. Aikido uses the attacker's energy against themselves and redirects it in a nonaggressive manner. Students of Aikido learn self-confidence, balance, awareness and mastery of their own bodies. Kids' classes include open hand techniques, drills and games related to Aikido. Wear comfortable clothing. Uniforms are available for purchase. \$40 uniform material fee.

Instructor: Dale Eisenberg Fee: \$80 - Resident \$85 – Non-Resident (4-week session)

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7588 5-17 yrs Mar 1-27 Mon, Wed & 5:30-6:30 pm 12-1 pm Sat

Barcode#: 7589 5-17 yrs Mar 29-Apr 24 Mon, Wed & 5:30-6:30 pm 12-1 pm Sat

Barcode#: 7590 5-17 yrs Apr 26-May 22 Mon,Wed & 5:30-6:30 pm

12-1 pm

Want more info on how to register for programs online?



Please call Community Services at 461-3450 to receive your personal account pin number and internet login ID.

online.activecommunities.com/lfreconline



Super Soccer Stars: Kick & Play: 12-24 Months

Kick & Play is a parent-child pre-soccer and movement program specifically designed for toddlers. Experienced instructors along with puppet friends, Mimi & Pepe, take you and your little one through a world of exciting physical activity. Individual attention, positive reinforcement, and engaging original music help to develop pre-soccer skills that will have your toddler learning to balance, run, kick and play-all while having a blast!

Instructor: Super Soccer Stars Staff

Fee: \$99 - Resident \$104 - Non-Resident (6-week sessions)

Location: Lake Forest Sports Park Great Lawn

(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7636 12-24 mos Apr 11-May 16 Tue 9:45-10:25 am Barcode#: 7637 12-24 mos May 23-Jun 27 Tue 9:45-10:25 am Barcode#: 7638 12-24 mos Apr 7-May 19 Fri 9:45-10:25 am Barcode#: 7639 12-24 mos May 26-Jun 30 Fri 9:45-10:25 am

*No class on 4/14



Super Soccer Stars:

Super Soccer Stars combines soccer activities, language learning and introduces skills to 2-3 year olds teaching simple body helping to increase their coordination and stability. In addition, the curriculum incorporates fun dribbling and shooting activities to teach positive social interaction and the basic skills of soccer.

Instructor: Super Soccer Stars Staff

Fee: \$99 - Resident \$104 – Non-Resident (6-week sessions)

Location: Lake Forest Sports Park Great Lawn

(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7640 2-3 yrs Apr 11-May 16 Tue 9-9:40 am Barcode#: 7641 2-3 yrs May 23-Jun 27 Tue 9-9:40 am Barcode#: 7642 2-3 yrs Apr 11-May 16 Tue 2:30-3:10 pm Barcode#: 7643 2-3 yrs May 23-Jun 27 2:30-3:10 pm Tue Barcode#: 7644 2-3 yrs **Apr 7-May 19** Fri 9-9:40 am Barcode#: 7645 2-3 yrs May 26-Jun 30 Fri 9-9:40 am Barcode#: 7646 2-3 vrs Apr 8-May 20 9-9:40 am Sat Barcode#: 7647 2-3 yrs May 27-Jul 1 Sat 2:30-3:10 pm

*No class on 4/14 and 4/15





Super Soccer Stars: 3 - Young 4 Year Old

This class will include partner activities to promote sharing, listening, respect and cooperation. Physical activities include dynamic movements like running, skipping and jumping.

Instructor: Super Soccer Stars Staff

Fee: \$99 - Resident \$104 - Non-Resident (6-week sessions)

Location: Lake Forest Sports Park Great Lawn

(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7648 3-young 4 yrs Apr 11-May 16 Tue 10:40-11:25 am Barcode#: 7649 3-young 4 yrs May 23-Jun 27 Tue 10:40-11:25 am Barcode#: 7650 3-young 4 yrs Apr 11-May 16 Tue 3:15-4 pm Barcode#: 7651 3-young 4 yrs May 23-Jun 27 Tue 3:15-4 pm Barcode#: 7652 3-young 4 yrs Apr 8-May 20* Sat 9:45-10:30 am Barcode#: 7653 3-young 4 yrs May 27-Jul 1 9:45-10:30 am

*No Class on 4/15/17



Super Soccer Stars: SOCCERSTARS Older 4-5 Year Old

This class incorporates dynamic activities which involve dribbling technique and moves to allow each child to gain more confidence on the ball. The primary focus of the class is body movement with the ball. The objectives for this age group are to continue development in basic dribbling, passing, receiving and shooting techniques and to introduce juggling skills.

Instructor: Super Soccer Stars Staff

Fee: \$99 - Resident \$104 - Non-Resident (6-week sessions)

Location: Lake Forest Sports Park Great Lawn

(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7654 Older 4-5 years Apr 11-May 16 Tue 4:05-4:55 pm Barcode#: 7655 Older 4-5 years May 23-Jun 27 Tue 4:05-4:55 pm Barcode#: 7656 Older 4-5 years Apr 8-May 20* Sat 9-9:50 am Barcode#: 7657 Older 4-5 years May 27-Jul 1 Sat 9-9:50 am

*No class on 4/15/17





Super Soccer Stars: SOCCERSTARS Older 5-7 Year Old

The primary focus of this class is to increase familiarity of space to enable children to develop team skills. Awareness of teammates is constantly emphasized so that the children will be able to use skills when transferred to the soccer game setting.

Instructor: Super Soccer Stars Staff

Fee: \$99 - Resident \$104 - Non-Resident (6-week sessions)

Location: Lake Forest Sports Park Great Lawn

(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960 Barcode#: 7658 Older 5-7 years Apr 8-May 20* Sat 9:55-10:55 am Barcode#: 7659 Older 5-7 years May 27-Jul 1 Sat 9:55-10:55 am

*No Class on 4/15/17



TriFytt Sports: Parent and Me Multi-Sport

This is a great chance for beginning to advanced soccer, tee-ball and basketball players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while also concentrating on teaching the benefits of sportsmanship, discipline, and teamwork.

Instructor: TriFytt Sports Staff

Fee: \$99 - Resident \$104 – Non-Resident (8-week session)

Location: Foothill Ranch Community Park

(19422 Rue De Valore)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960 Barcode#: 7697 2-3 yrs Mar 25-May 13 Sat 10-10:30 am



TriFytt Sports: Multi-Sport Skillz Clinic

This is a great chance for beginning to advanced soccer, tee-ball and basketball players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching the benefits of sportsmanship, discipline, and teamwork.

Instructor: TriFytt Sports Staff

Fee: \$99 - Resident \$104 - Non-Resident (8-week session)

Location: Foothill Ranch Community Park (19422 Rue De Valore)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960 Barcode#: 7698 3-5 yrs Mar 25-May 13 Sat 9-9:45 am Barcode#: 7699 5-7 yrs Mar 25-May 13 Sat 10:30-11:15 am

RECREATION ACTIVITIES





TriFytt Sports: Tee-Ball Skillz Clinic

This is a great chance for beginning to advanced tee-ball players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching the benefits of sportsmanship, discipline, and teamwork.

Instructor: TriFvtt Sports Staff

Fee: \$99 - Resident \$104 - Non-Resident (8-week session)

Location: Foothill Ranch Community Park

(19422 Rue De Valore)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960 Barcode#: 7700 2-3 vrs Mar 24-May 12 Tue 3:30-4 pm Barcode#: 7701 3-5 yrs Mar 24-May 12 Tue 4-4:45 pm

Beginning Ukulele

Learn to play the Ukulele in a friendly and supportive environment. You will learn easy chords, how to read tablature and how to play different strum styles. No previous musical experience required. You must bring your own ukulele to class.

Instructor: Ron Gorman Fee: \$99 - Resident \$104 - Non-Resident (5-week session)

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960 Barcode#: 7703 10 yrs-Adult Mar 25-Apr 22 Sat 11 am-12 pm



Beginning Guitar

Playing the guitar is an enjoyable way to enrich your life through music. This class is designed to build a strong foundation for people with no experience playing the guitar. Students will learn several open position chords and many strum styles and time signatures. Students must bring their own guitar and tuner.

Instructor: Ron Gorman Fee: \$99 - Resident \$104 - Non-Resident (5-week session)

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960 Barcode#: 7702 10 yrs-Adult Mar 25-Apr 22 Sat 10-11 am

Basic First Aid

This American Safety and Health Institute (ASHI) course is OSHA approved and recommended for anyone interested in learning the basics when it comes to handling some of life's more common emergencies. This course covers how to treat bleeding, burns, shock and other emergencies. Participants will receive a First Aid card valid for two years. *Participants* **should bring a self-addressed stamped envelope.** Please Note: EMSA stickers are no longer available for this class. (Preregistration is required for this course and space is limited)

Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES

Fee: Free - Resident \$5 - Non-Resident

Material Fee: An additional \$15 material fee is due to in-

structor the day of class

Location: Lake Forest Recreation (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960 Barcode#: 7604 10-Adult Apr 1 Sat 3-5 pm

CPR/AED: Adult, Child & Infant

The ability to perform CPR properly is a lifesaving skill that everyone could benefit from learning. This American Safety and Health Institute (ASHI) course is OSHA approved covers CPR and the Heimlich maneuver for adults, children and infants. In addition, each participant will have his/her own 2 mannequins on which to practice. Participants will also learn how to use an AED (Automatic External Defibrillator). Participants will receive a certification card which is valid for 2 years. Participants should bring a self-addressed stamped envelope. Please Note: This is not a Healthcare Provider level course. EMSA stickers are no longer available for this class. (Pre-registration is required for this course and space is limited.)

Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES

Fee: \$28 - Resident \$33 – Non-Resident (one-time workshop)

Material Fee: An additional \$15 material fee is due to instructor the day of class

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960 Barcode#: 7603 10-Adult 12:30-3 pm Apr 1 Sat





online.activecommunities.com/lfreconline



Fundamentals of Copperplate Calligraphy

New

Learn the fundamentals of pointed pen calligraphy using a nib and ink, which will lay the groundwork for a successful journey to finding your own personal flair! Starter kit is included.

Instructor: Kristen Khan Fee: \$75 – Resident \$80 – Non-Resident (1-day workshop)

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

Adult

Candlelight Yoga Flow

In this course, participants will be taken through a Vinyasa/ Hatha flow within a room full of candles. Students will experience the relaxing and meditative side as well as the strengthening and sometimes challenging side of yoga by candlelight. Bring a mat and stay warm and relaxed during these winter courses. All skill levels welcome!

Instructor: Devann Sheuerman

Fee: \$72 – Resident \$77 – Non-Resident (6-week session)

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Power Flow Yoga

A fitness-based approach to Vinyasa style flow. Students will focus on linking conscious breath with a vigorous and mindful flow. Students will build strength, flexibility and concentration while cleansing the body and calming the mind. You can expect a great cardiovascular and strength-building workout combined with breath work set to upbeat music. Bring a yoga mat and a small towel. Appropriate for beginning to intermediate levels.

Instructor: Inspire Yoga OC Fee: \$110 – Resident \$115 – Non-Resident (10-week session)

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960 Barcode#: 7585 18 & up Mar 7-May 16* Tue 11 am-12 pm Barcode#: 7586 18 & up Mar 11-May 20* Sat 8:15-9:15 am

*No class 4/11, 4/15

Cardio Yoga Booty Ballet

Get your heart rate up with cardio dance moves at the barre and center floor and tone with resistance training for full body workout. This class combines cardio movements to burn calories with high powered yet low impact moves. Strengthens, lengthens, tones and burns by engaging the body and mind. Participants need to bring yoga mat, water and 1-2 lb. weights. For more information on Orange County Dance Productions please visit www.OCDanceProductions.com.

Instructor: OC Dance Productions Staff

Fee: \$119 – Resident \$124 – Non-Resident (10-week session)

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960 Barcode#: 7736 18 & up Mar 6-May 15 Mon 6:30-7:30 pm

*No class 4/10

Baby & Me Yoga

Bring balance to your new life as a parent , reduce anxiety and give yourself the gift of a restorative hour of yoga by practicing with your baby. You will be guided through poses for you and alternately for baby. This class is designed to deepen a connection to yourself as well as nourish and cultivate your bond with your child. Expect a very relaxing and playful atmosphere, incorporating some singing and chanting. Bring a yoga mat for yourself and a blanket for baby. Babies should be between 0 and 12 months.

Instructor: Inspire Yoga OC

Fee: \$55 – Resident \$60 – Non-Resident (5-week session)

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960 Barcode#: 7722 18 & up Mar 9-Apr 6 Thu 9:45-10:30 am Barcode#: 7723 18 & up Apr 20-May 18 Thu 9:45-10:30 am

For your convenience, we now accept credit card payments over the counter for our recreation programs! Credit cards may be used in person, at City Hall (2nd floor registration desk), at the Lake Forest Sports Park & Recreation Center and at the Etnies Skatepark of Lake Forest. We continue to accept cash and checks for our programs as well.



Yin Yoga

A series of long-held (2-4 min), passive, floor poses that focus on the spine and other areas rich in connective tissue. Huge therapeutic benefits include increased circulation, improved flexibility, stress and anxiety reduction, rehabilitation from injury, and much more. Appropriate for all skill levels and body types. Bring yoga mat. *Blocks, blankets and a bolster are strongly recommended and orders taken at first meeting.* For more information *www.inspireyogaoc.com*

Instructor: Andrea Thorlakson

Fee: \$84 – Resident \$89 – Non-Resident (6-week session)

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7580 18 & up **Mar 7-Apr 18** Tue 7:45-8:45 pm Mar 9-Apr 20 Barcode#: 7581 18 & up Thu 8:15-9:15 am Barcode#: 7582 18 & up Mar 9-Apr 20 Thu 5:30-6:30 pm Barcode#: 7583 18 & up Apr 25-May 30 Tue 7:45-8:45 pm *No class 4/11, 4/13

Date Night Yoga



Treat yourself and your Valentine, loved one or best friend to a FREE yoga class. We will practice some gentle warm up poses, work on strength building, stretching, and have fun trying some partner yoga! All levels welcome. Both students must be registered. Bring a yoga mat. Part 2 in a series of Inspire Yoga OC's Karma Project. For more information www.inspireyogaoc.com

Instructor: Andrea Thorlakson

Fee: Free – Resident and Non-Resident (1 time class)

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960 Barcode#: 7737 18 & up Mar 9 Thu 7:30-9 pm

Tennis For Everyone ~ Adult

You will do it all, from drills to match play, in a fast-paced, fun-filled environment. The beginning class will work on the basics, such as: technique, footwork and rules of the game. The intermediate class will focus on: stroke production, tennis drills and match play. Please bring an unopened can of tennis balls to the first class meeting. A \$10 T-shirt fee (optional) is payable to the instructor on the first day of class.

Instructor: Fabian Grassini Tennis & Sports Staff

Fee: \$95 per participant – Resident \$100 per participant – Non-Resident (8-week session)

Location: El Toro Park Tennis Courts (23701 Los Alisos Blvd)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

*No class 4/29

Mommies' Boot Camp -Postnatal Fitness



A class for moms who want their bodies back. Whether you just had your baby 6 days or 6 months or even 6 years ago, the results driven workout are designed to strengthen and tone the body after all the changes it has gone through during pregnancy. Our combination of cardio and strength training will get your body back in no time. Classes will focus on postnatal core and pelvic strengthening exercises. Bring your own mat and water. For more info www.Endeavourpt.com

Instructor: Maryam Stevenson

Fee: \$60 per participant – Resident \$65 per participant – Non-Resident

(4-class sessions)

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

Get Off Your Booty Camp

Get in shape "Boot camp style". Experience full-body workouts that will improve your aerobic capacity, increase your metabolism, increase your flexibility and get you to a healthier and stronger YOU. A results-driven conditioning program that focuses on developing lean, toned and healthy bodies, using your own body weight and a variety of exercise equipment. This class is designed for all fitness levels. Work at your own pace. Bring your own mat and water. For more info www.Endeavourpt.com

Instructor: Maryam Stevenson

Fee: \$100 per participant – Resident \$105 per participant – Non-Resident

(8-class sessions)

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7738 18 & up Mar 2-28 Tue & Thu 6:05-7 pm Barcode#: 7739 18 & up Apr 4- 27 Tue & Thu 6:05-7 pm Barcode#: 7740 18 & up May 2-25 Tue & Thu 6:05-7 pm





Ballroom Dance Class

Take your dance partner in your arms and dance to the music that makes your feet want to move. You will learn a smooth dance like Fox Trot or Waltz, one Latin dance like Cha Cha or Rumba and that exciting Swing dance. A registered partner is required but no dance experience necessary. If you know those dances we will add material and styling to your dancing. Smooth soled shoes are best to wear.

Instructor: Carri Fox
Fee: \$40 – Resident
\$45 – Non-Resident
(5-week session)

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7892 18 & up Mar 10-Apr 14* Fri 7-8 pm Barcode#: 7893 18 & up Apr 21-May 19 Fri 7-8 pm

*No class March 24

Zumba® Gold

If you have taken a Zumba class but couldn't keep up with the fast-moving pace, or handle the impact of the regular version, you have to come and try Zumba® Gold! It is an introductory class, low impact, easy to do and lots of fun. This version of Zumba is gentler on the body, but you still get the full effect and flavor Zumba. It is a total workout, combining all elements of fitness . These classes are ongoing and class packages are provided with registration. Punch cards are available from instructor.

Instructor: Angie Velez

Fee: Barcode#: 7747 5-class package \$35 - Resident \$40 - Non-Resident

Barcode#: 7745 10-class package \$60 - Resident

\$65 – Non-Resident

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Walk-In. Online registration is not available for this program.

For more info call: The Recreation Center at 273-6960

 18 & up
 Ongoing
 Tue
 5:45-6:45 pm

 18 & up
 Ongoing
 Sat
 10-11 am

Ageless Ballet

This class provides ballet classes for the mature adult, free of judgment or physical expectation. Our classes take into consideration the need for a modified approach while exploring the art of ballet.

Instructor: West Coast Movement Project

Fee: \$60 – Resident \$65 – Non-Resident (6-week session)

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7750 50 yrs & up Mar 7-Apr 18 Tue 9:50-10:50 am Barcode#: 7751 50 yrs & up Apr 25-May 30 Tue 9:50-10:50 am

*No class 4/4

Dog Manners Crash Course

Accomplish your training goals and address your dog's behavior problems (destructive chewing, jumping, nipping, barking, etc.) in just 4 weeks! Exercises include: sit and down on command, stay in sit or down position with distractions, come when called and walking on a leash without pulling. For all breeds of dogs ages 5 months or older. Large breeds accepted



"TI" Hardwick

at 4 months. Please bring current vaccination records. Dogs attend all meetings. Please pre-register, and then call Dog Services at 714-532-3647 with your dog's name, breed, and age and an email address so the instructor may brief you prior to the first lesson.

Instructor: Dog Services Unlimited

Fee: \$89 – Resident \$94 – Non-Resident (4-week session)

Material Fee: \$5 material fee due at first class session in-

cludes training manual

Location: Pittsford Park (21701 Pittsford Dr)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960 Barcode#: 7749 Families Apr 23-May 21 Sun 4-5:15 pm

*No class 5/14



Aikido for Self Defense – Adults

Aikido is a modern yet traditional Japanese form of selfdefense that advocates harmony over conflict. Aikido uses the attacker's energy against themselves and redirects it in a nonaggressive manner. Students of Aikido learn self-confidence, balance, awareness and mastery of their own bodies. Adult classes include open hand techniques and weapons practice.

Instructor: Dale Eisenberg

Fee: \$80 – Resident \$85 – Non-Resident (4-week session)

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7591 18 & up Mar 1- Mar 27 Mon,Wed & 6:30-7:30 pm Sat 1- 2 pm

Barcode#: 7592 18 & up Mar 29-Apr 24 Mon,Wed & 6:30-7:30 pm

Sat 1- 2 pm Barcode#: 7593 18 & up Apr 26-May 22 Mon,Wed & 6:30-7:30 pm

Sat 1- 2 pm

19

Kung Fu: Self-Defense

Focus on self-defense, fitness and self-knowledge. Kung Fu is a self-defense system. It also strengthens tendons, stretches muscles and invigorates joints and tissues. Kung Fu challenges your body and mind, cultivates self-discipline and increases strength and flexibility. Lau Kune Do utilizes the centerline theory and maximizes efficiency, directness, economy of motion and speed. Wear comfortable, loose fitting clothing.

Instructor: Master Richard Tsim, Sihing Paul Bennett

Fee: \$120 – Resident \$125 – Non-Resident (8-week session)

Location: Lau Kune Do School of Martial Arts

(22762 Aspan St., #207)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Tai Chi/Qi Gong: Relaxation, Balance and Stress Reduction

Learn to cultivate your own internal energy and reduce stress the natural way with the flowing, gentle art of Tai Chi. This meditative art focuses on relaxation, stress reduction and returning the body to its natural state of balance. Tai Chi increases flexibility through simple stretching and helps galvanize the joints, tendons and bones from degenerating diseases, accidents or over-use. Wear comfortable, loose fitting clothing.

Instructor: Master Richard Tsim

Fee: \$120 – Resident \$125 – Non-Resident (8-week session)

Location: Lau Kune Do School of Martial Arts

(22762 Aspan St., #207)

To Register: Online, Mail In, Walk-In



During the Spring 2017, Community Services staff is launching the "Dogs on Leashes" Campaign. The Campaign goal is to encourage dog owners to always have your dog on a leash at Lake Forest City Parks. The campaign includes:

- Giveaways by City staff at parks when you are caught with your dog ON a leash...yes, that says with your dog ON a leash. Giveaways include t-shirts, doggie treats and more...
- PSA video on the City Website (http://lakeforestca.gov/683) and Community Services Facebook pages starring "Bear" Blethen and "Scarlett" Lisack
- Giveaways at Dog-a-Palooza on February 18, 2017 at the Lake Forest Sports Park and Recreation Center.

Spring is the perfect time to get out to the park with your dog. Please remember that dogs are required to be on leashes at all times while at any City of Lake Forest park, except Barker Ranch Dog Park. Municipal code: 12.04.018.





SPECIAL NEEDS



Special Needs Yoga

Sparks Yoga is adapted for children with special needs. Yoga sessions are centered around building a regulated nervous system, body awareness, and an improved ability to focus and concentrate. Through use of creative and FUN interactive games, stories, visualizations, and breathing techniques, students can also gain balance, flexibility, strength and coordination in this safe, non-competitive environment.

Instructor: Kelly Sparks

Fee: \$100 - Resident; \$105 - Non-Resident Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Barcode#: 7549 10-18 yrs Mar 7-28 Tue 4-4:45 pm Barcode#: 7550 10-18 yrs Apr 4-25 Tue 4-4:45 pm Barcode#: 7551 10-18 yrs May 2-23 Tue 4-4:45 pm

Special Needs Choir



Introduce your son/daughter to a world of music through our exciting singing class taught by the amazing Emily Arias, who has years of experience teaching special education students. Your son/daughter will learn music basics such as rhythm, pitch, and performing through singing and movement. If you want to extend your experience, just let us know that you want to be in the next big show in June. For more see www.GotGlee.com

Instructor: Emily Arias Fee: \$69 – Resident \$74 – Non-Resident (4-week session)

Location: Glee Music Academy

(25 Spectrum Pointe Dr., Suite 406)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450 Barcode#: 7894 9-13 yrs Mar 7-28 Tue 5-5:45 pm

Music for Special Needs Children

Enjoyable music class for special needs children. The class is focused on nurturing children's innate musical abilities and enhancing important life skills, such as communication, cognitive and social skills, as well as introducing very basic concepts of music. Music activities include: singing, playing instruments, short musical stories, puppets and movement with props.

Instructor: Sophi Albert

Fee: \$110 – Resident; \$115 – Non-Resident Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450 Barcode#: 7547 2-7 yrs Mar 7-28 Tue 9:30-10:10 am



Team Autism Behavior Services, Inc.!

Let's P.L.A.N. (Purposeful Life Activities Now)

Autism Behavior Services, Inc. is pleased to announce our occupational therapy groups which are focused on sensory based needs, executive functioning, and life skills for individuals of all ages.

Instructor: Licensed Occupational Therapist
Fee: \$75 per 90-minute session – Resident
\$80 per 90-minute session – Non-Resident

Location: Autism Behavior Services, Inc. 23701 Birtcher Dr., (949) 581-0100 or toll-free (855) 581-0100

To Register: Call to schedule an intake appointment. Online registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450 Barcode#: 7552 Ages 3-18 Ongoing Sat varies



Social Group for Children on the Autism Spectrum

The L.A.F.F. social groups were developed by Rosa Patterson MS, BCBA to assist children on the autism spectrum: Learn About Friends and Feelings. The groups are based on the principles of Applied Behavior Analysis and focus on socialemotional & behavioral growth. Areas addressed are play, social language, social reciprocity, perspective taking, problem solving, social relatedness, and much more!

Instructor: Natalie Taguchi-Solorio, M.Ed, PPS, BCBA

Fee: \$75 per session – Resident \$80 per session – Non-Resident

Location: Autism Behavior Services, Inc.

23701 Birtcher Dr., (949) 581-0100 or toll-free (855) 581-0100

To Register: Call to set up an appointment. Online registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450

Barcode#: 7554 2-19 yrs ongoing Mon-Sat varies



Fitness For You Stroller Workout New



Looking to get healthy and don't know where to start? Do you have a child with special needs? Fitness for You Stroller Workout can help you and your child can come along for the ride!Bring your stroller with your child or children and get fit while walking and exercising with other moms. Enjoy some outside time together while your little ones get entertained by watching mommy squat, jump, and do some high knees! End of class group time will include core work. This class is a great way to connect with other moms with special needs children.

Bring water and a yoga mat.

Instructor: Aileen Rose

Fee (Per 4-week session): \$50-Resident; \$55-Non-Resident Location: Lake Forest Sports Park (28000 Rancho Pkwy)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Barcode#: 7837 18 & up Mar 6-27 Mon 10-11 am Barcode#: 7838 18 & up Apr 3-24 Mon 10-11 am 10-11 am Barcode#: 7839 18 & up May 1-22 Mon

FREE 2nd Annual **Special Needs Resource Fair**

Saturday, April 29 • 9 am-12 pm

This is a unique opportunity for families and caregivers to learn more about resources available to the special needs community. We will have several representatives providing a wealth of information and tips to benefit our special needs friends. There will be fun for the entire family, including refreshments, activities, and special guests!

- Free admission
- Lake Forest Sports Park & Recreation Center 28000 Rancho Parkway

For more info call: The City of Lake Forest at 461-3450







Special Fishies Aquatic Freedom News

From learning to swim to aquatic freedom, all special needs children deserve a love for and a freedom in the water. Special Fishies offers aquatic freedom and strengthening in a NEW aqua freedom room, which includes an indoor hot tub in a calming environment tailored to each child's needs



and goals. This class is designed to help parents learn how to use the class techniques at home in their own bathtub! High needs/spirited children, those on the Autism Spectrum and those with Sensory Processing Disorder, to complete non-mobile and non-verbal are welcome! We work with low and no-tone babies and children to jump start their journey of healing and coping. Check us out on facebook and youtube for more info:

https://www.youtube.com/c/Littlefishiesswimschool https://www.facebook.com/Freedomswim3/

Instructor: Jodi Powell

- \$40 for each individual 30-minute session plus a one-time \$15 registration fee
- \$120 for four 30-minute sessions per month (Guppy)
- \$190 (a \$50 savings) for eight 30-minute sessions per month (Dolphin)
- \$240 (a \$120 savings) for twelve 30-minute sessions per month (Whale)

Location: Little Fishies Swim School (22706 Aspan St., #504) (714) 352-9714

To Register and For More Info Call: Marilyn Norment at (949) 461-3447 or email mnorment@lakeforestca.gov

Ages 4 months & older Ongoing Mon, Wed, Fri, Sun varies

Swim Lessons for Children And Adults with Special Needs



SwimLabs offers lessons to swimmers of all abilities and ages. Our adult swim instructors are experienced in teaching special needs swimmers. With SwimLabs indoor facility, controlled environment, and world-class instructors, we provide lessons catered to your swimmer's needs and desires. **Group lessons are available as well.**

Instructor: SwimLabs Staff

Fee: **Private Lessons** 30-min: \$50 4-pack: \$180 6-pack: \$255

10-pack: \$400Location: SwimLabs, 20918 Bake Pkwy., Ste. 100

(714) 352-9714

To Register and for more info call: Marilyn Norment at (949) 461-3447 or email mnorment@lakeforestca.gov

Ages 1 to adult Ongoing Mon, Wed, Fri, Sun varies

Gymnastics for Kids with Special Needs

Our gymnastics classes are specifically designed for children and teens with special needs (Autism, Down Syndrome, Cerebral Palsy, etc.,) Your child will learn basic gymnastics, while working on social behaviors and taking turns, but most of all they will have fun. Please call to set up a free assessment and discuss placement and class dates and times.

This special pricing is available to new members only.

This class also includes free open play for anyone signed up in our gymnastics program. Open play is every Thursday from 1-2 pm.

Instructor: Us Too Center Staff

Fee: \$105/month (Four 45-minute sessions) Resident \$110/month (Four 45-minute sessions) Non-Resident

Location: Us Too Gymnastics (25 Spectrum Pointe Dr #405)

To Register: Mail-In, Walk-In. Online registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450

Barcode#: 7575 5 yrs and older Ongoing Mon-Sat varies



Gym Buddies (Formerly Social Skills/Social Play class)

An exercise-based social skills class for children and teens on the Autism spectrum and other disabilities. Your child/teen will participate in fun games, gymnastics, exercise circuits and a fun dance party at the end. Other activities include: sharing age appropriate conversation, sharing with the group, meeting new friends and offering support.

Instructor: Anne Marie Lansburgh, Moderate/Severe Special Education Teacher

Fee: \$80 per 4-week session-Resident; \$85 per 4-week session-Non-Resident

Location:Us Too Center (25 Spectrum Pointe Dr., #405)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Barcode#: 7572 6 yrs and older Mar 1-22 Wed 6-6:45 pm Barcode#: 7573 6 yrs and older Apr 5-26 Wed 6-6:45 pm Barcode#: 7574 6 yrs and older May 3-24 Wed 6-6:45 pm



Lake Forest Little League Challenger Baseball



Challenger Baseball is a Little League program for boys and girls with special needs. Children 6 to 18 years of age with any physical and/or developmental disability are welcome.

- COST: There is NO registration fee for Challenger players! LFLL will cover the cost of a great team uniform, team photo, practice and field expenses. Bats and batting helmets are provided or you can use your own. There may be some incidental expenses (team party!), usually not to exceed \$20 over the season.
- PRACTICES: Friday afternoons at either Foothill Ranch Community Park field or the Lake Forest Sports Park, beginning in February 2017. The focus is skill-building and teamwork.
- GAMES: Saturday mornings, February to June 2017. Opening Day and Team Photos are February 25, 2017. Closing Day Festivities are in June. The last game is played on the field at Angel Stadium in Anaheim!

For more information or to sign up call: Melinda Luttrell (949) 837-3189
Or email us at *challengers@lfll.org*

Register online at LFLL.org



This program is designed for special needs athletes or anyone who for whatever reason cannot participate in the SVUSD Boys' and Girls' Basketball league. Players will be grouped by ability to create competitive teams and provide any needed support. League stresses fun and participation. Volunteer Coaches and Teen Volunteers are welcome.

Ages: 1st Grade - Adult

Location: Games take place in Rancho Santa Margarita, Mission Viejo, or Lake Forest.

For more information including start dates, please email Laurie & Richard Jimenez at **SVUSDShootingStars@gmail.com**

What Is "TOPSoccer"?



TOPSoccer, The Outreach Program for Soccer, is a community-based soccer program for young athletes ages 4 to 30 with physical and mental disabilities.

TOPSoccer emphasizes development, training, and meaningful participation rather than competition. It's ALL about FUN!

For more info, please contact:

Rick Trevers: Laguna Niguel

Youth Soccer Association Rick.Trevers@LNYSA.org

Sandy Castillo: scastillo@calsouth.com or visit

calsouth.com/topsoccer

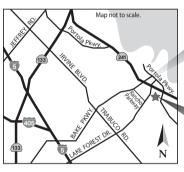


ETNIES SKATEPARK OF LAKE FOREST

Voted "Best Skatepark 2013" – Best of OC Register "#1 Family Friendly Reader's Choice 2013"



Etnies Skatepark of Lake Forest 20028 Lake Forest Drive Lake Forest, CA 92630 (949) 916-5870





Come visit Lake Forest's own award winning, world class skateboard facility. At over 62,000 square feet, the Skatepark is a destination spot for skateboarders from around the world. The Park is open to the public 7 days a week, including most holidays.

Park Entry Fee: Free to ride. Non-residents of Lake Forest must pay a nominal fee of \$15 for their annual membership. The membership is based on a calendar year, so it is good from January 1 to December 31.

In the case of inclement weather, please call ahead to see if the Park is open.

Visit the Skatepark website at www.EtniesSkatepark.com. The website has been redesigned and is a more user friendly interface. A Live HD Webcam link is available so you can check crowds and weather conditions. Make sure to follow the skatepark on Facebook, Twitter, Instagram, and YouTube for all the latest Skatepark news and events. Use #etniesskatepark on your photos and we might use them on the official Etnies Skatepark Social Media feeds.

SKATE SESSIONS

Monday-Thursday 11 am – 9 pm Friday 11 am – 10 pm Saturday 10 am-10 pm Sunday 10 am – 9 pm

SPRING 2017 HOLIDAY HOURS

The Skatepark will be open Sunday, April 16, 2017 from noon until dusk due to the holiday.

Afterschool Skate Club

The afterschool skate club is a great way to improve skills and meet friends. The club is supervised by Skatepark staff. Club members work on skills, have fun, and learn. **Please keep in mind this is an afterschool program and not skateboard lessons.** Drinks and snacks are provided during the club meet times. Skate club is not held during scheduled school holidays.

Fee: \$20 per month

Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

To Register: Sign up at the Skatepark Office or online For more info call: The Skatepark at 916-5870

Barcode#: 7841 5-17 yrs Mar 2-30 Tue, Thu 3:30-6:30 pm Barcode#: 7842 5-17 yrs Apr 4-27 Tue, Thu 3:30-6:30 pm Barcode#: 7843 5-17 yrs May 2-29 Tue, Thu 3:30-6:30 pm



Etnies Spring Break Skate Camp

Learn the basics of ollies, flip tricks, grinding, bowl riding, and skating transitions. Hone your skills on a variety of the best Skatepark terrain around including the 3 bowls, two large flow courses, Orange County's only cradle, and a world class street course. All campers receive a *Createaskate.org* board that they will be able to design and ride on the last day of camp. Each participant will design and print a custom Etnies Skatepark of Lake Forest t-shirt. Lunch, drinks, and snacks are provided daily. Please send your camper with their own water bottle that they will be able to fill up with water or Gatorade throughout the duration of camp. Participants must provide their own skateboard and full protective gear consisting of a helmet, elbow pads, and knee pads.

Fee: \$195 per person Limited to 20 per session.

Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The Skatepark at 916-5870

Barcode#: 7868 5-17 yrs Apr 3-7 Mon- Fri 10 am-2 pm Barcode#: 7869 5-17 yrs Apr 10-14 Mon- Fri 10 am-2 pm

Please note that skate camp participants will need a waiver filled out prior to entering the skatepark. Waivers will be good for the duration of the camp hours only. If the participant wants to use the skatepark outside of camp hours, the \$15 membership fee will need to be paid for non-residents.



Birthday Parties at the Skatepark

Make your next party an Etnies Skatepark Skate Party! The Skatepark offers three very popular birthday party packages for the best action sports party available in South Orange County for very affordable rates! Please note that birthday party participants will need a waiver filled out prior to entering the Skatepark. Waivers will be good for the duration of the party. If the participant wants to use the Skatepark outside of party hours, the \$15 membership fee will need to be paid for non-residents. Participants will need to provide their own skateboard, helmet, knee pads and elbow pads. Register online at *etniesskatepark.com/165/Birthday-Parties*



Party Package Details

- All packages are designed for 10 participants with the option of an additional 10 participants.
- Each party is scheduled in a 2-hour block from 11 am-8 pm
- Reservations are required at least one week in advance with a \$100 security deposit required at the time your reservation is made.
- The Skatepark is open to the public during the birthday party; however, in the case of crowds, an area will be sectioned off to ensure safety and fun.
- The grass area of the Skatepark is decorated and reserved for your party goers. This area includes popup tents, folding tables, and chairs which can accommodate 20 individuals comfortably.

Note: All park policies related to waivers and safety gear are to be followed for party goers and the party host or hostess. Cancellation policy is 72-hour advance notice or loss of deposit will occur.

Inclement weather policy – If the Park is rained out, the party will be rescheduled to the next most convenient time for the Park as well as the participants.

McTwist-\$375 Our premier package includes a Skatepark t-shirt for each participant, cupcakes, drinks, 2 pizzas, choice of music during party, decorations, personalized birthday announcement during party, in-party skateboard contest, table reservation, one staff member during party, and a thirty minute group lesson or demonstration. An individual film pass is also included for a parent to film the party action inside the Skatepark facility. Note: Parent must fill out liability waiver, wear helmet, and wear flat closed -toe shoes while filming inside the Skatepark. Each additional child will cost \$20 up to a maximum of 20 participants.

Kickflip — \$275 Our best value package includes cupcakes, drinks, 2 pizzas, choice of music during party, decorations, personalized birthday announcement during party, in-party skateboard contest, table reservation, one staff member during party, and a thirty minute group lesson or demonstration. An individual film pass is also included for a parent to film the party action inside the Skatepark facility. Note: Parent must fill out liability waiver, wear helmet, and wear flat closed-toe shoes while filming inside the Skatepark. Each additional child will cost \$10 up to a maximum of 20 participants.

Grind — \$175 Our most economical package includes, choice of music during party, decorations, personalized birthday announcement during party, in-party skateboard contest, table reservation, one staff member during party, and a thirty minute group lesson or demonstration. An individual film pass is also included for a parent to film the party action inside the Skatepark facility. Note: parents must fill out liability waiver, wear helmet, and wear flat closed-toe shoes while filming inside the Skatepark. This package is designed for parents who want to bring their own food, cake, décor, etc. Alcohol is not permitted. Each additional child will cost \$5 up to a maximum of 20.

Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

To reserve your birthday party, please visit etniesskatepark.com/165/Birthday-Parties. Parties are only confirmed when we receive the required security deposit. For more info call: The Skatepark at (949) 916-5870



Memorial Day Skate Camp

Choose this Memorial Day to spend at one of the best skate camps around! We have been running camps since 2003 and have worked to make it an experience to remember. Each participant will design and print a custom Etnies Skatepark of Lake Forest t-shirt. Lunch, drinks, and snacks are provided. Please send your camper with their own water bottle that they will be able to fill up with water or Gatorade throughout the duration of camp. Participants must provide their own skateboard and full protective gear consisting of a helmet, elbow pads, and knee pads.

Fee: \$40 per person Limited to 20 per session.

Location: Etnies Skatepark of Lake Forest

(20028 Lake Forest Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The Skatepark at 916-5870

Barcode#: 7862 5-17 yrs May 29 Mon 10 am-2 pm

Beginning Skateboard Lessons

This class is designed for first time skateboarders to those just learning. We cover skateboard basics from stance, pushing, turning, and work our way to higher skills such as dropping in and ollies. Designed for all ages, these lessons can help develop the skills needed to succeed on your skateboard. Full protective gear consisting of a helmet, elbow pads, and knee pads are required as well as a skateboard. Maximum is 10 participants to 1 instructor.

Instructor: Skatepark Staff Fee: \$75 – 4 week session

Location: Etnies Skatepark of Lake Forest

(20028 Lake Forest Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The Skatepark at 916-5870

Barcode#: 7871	6 yrs & up	Mar 7-28	Tue	4-5 pm
Barcode#: 7872	6 yrs & up	Apr 4-25	Tue	4-5 pm
Barcode#: 7873	6 yrs & up	May 2-23	Tue	4-5 pm
Barcode#: 7874	6 yrs & up	Mar 4-25	Sat	9-10 am
Barcode#: 7875	6 yrs & up	Apr 1-22	Sat	9-10 am
Barcode#: 7876	6 yrs & up	May 6-27	Sat	9-10 am

Skateboarding Lesson and Camp Inclement Weather Policy

If a class is cancelled by the City of Lake Forest due to weather or other facility related circumstances, a make up session will be held on the last day of class. The lesson will last for 2 hours. If the last day of class is cancelled due to weather or other circumstances, a make up class will be scheduled for the participants on the next available date.

Missed Class Policy

Classes cannot be made up if they are missed by the participant.

Intermediate Skateboard Lessons

This class is designed for riders who know the basics and are ready to go to the next level. Skills covered in this class are the art of Ollies, flip tricks, ledges, pools, vert, overall park usage and even help with contest skating. Full protective gear consisting of a helmet, elbow pads, and knee pads are required as well as a skateboard. A rider should be comfortable riding around the entire Skatepark prior to signing up for this class. Maximum is 10 participants to 1 instructor.

Instructor: Skatepark Staff Fee: \$75 – 4 week session

Location: Etnies Skatepark of Lake Forest

(20028 Lake Forest Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The skatepark at 916-5870

Barcode#: 7877	6 yrs & up	Mar 7-28	Tue	5-6 pm
Barcode#: 7878	6 yrs & up	Apr 4-25	Tue	5-6 pm
Barcode#: 7879	6 yrs & up	May 2-23	Tue	5-6 pm
Barcode#: 7880	6 yrs & up	Mar 4-25	Sat	10-11 am
Barcode#: 7881	6 yrs & up	Apr 1-22	Sat	10-11 am
Barcode#: 7882	6 yrs & up	May 6-27	Sat	10-11 am

If a class is cancelled due to weather or other circumstances, a make-up class will be scheduled for the participants at the next available date. • Please note that skate Class and lesson participants will need a waiver filled out prior to entering the skatepark. Waivers will be good for the duration of the camp hours only. If the participant wants to use the skatepark outside of class or lesson hours, the \$15 membership fee will need to be paid for non-residents.

Private Skateboard Lessons

Private lessons offer the most attention to detail for each participant and are offered at an affordable price. Lessons are taught by experienced staff who specialize in lessons catered to each individual. If you sign up for the 4 weeks of private lessons, our instructors will set goals for you to reach and help you obtain them! Full protective gear consisting of a helmet, elbow pads, and knee pads are required as well as a skateboard.

Instructor: Skatepark Staff

Fee: \$40 – per forty-five minute session. Sign up for a month of classes at \$140 per 4-lesson package. Choose the time that works best with your busy schedules.

Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

Private lessons will be offered: March 2, 9, 16, 23, 30

April 6, 13, 20, 27 May 4, 11, 18, 25

To Register: Mail-In, Walk-In. Online registration is not available for this program.

abic for this program.

For more info call: The Skatepark at 916-5870

Barcode#: 7883 5-17 yrs Thu 3, 4, 5, 6 pm

Drop-In Private Skateboard Lessons

Drop-in Private Skateboard Lessons are also available on a first come, first served basis Call the Skatepark at (949) 916-5870 for more information and to check on instructor availability.

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Skatepark Safety/Etiquette Class

We understand that the Skatepark can be intimidating to new users, and that is why we offer a free 15 minute Skatepark Safety/Etiquette course. This course teaches new users how to identify potential Skatepark hazards, general Skatepark etiquette, and how to have the most fun possible while riding the world famous Etnies Skatepark of Lake Forest! This class is available on a drop in basis, and is led by experienced Skatepark Staff.

Instructor: Skatepark Staff Fee: Free Limited 4 per session

Location: Etnies Skatepark of Lake Forest

(20028 Lake Forest Dr)

To Register: Walk-in

For more info call: The Skatepark at 916-5870

Ages: 4 and up



Band Nights at the Skatepark

This marks the ninth year of hosting all-ages shows at the Skatepark. Past bands have included JFA, The Stitches, Smogtown, McRad and a host of other great skate bands. Feel free to skate or watch from inside our viewing area. This is the only all-ages venue for local music in South Orange County. Please check out EtniesSkatepark.com for latest show news, photos, and event flyers. Do you have a band that wants to play? Send us an email at *etniesskatepark@lakeforestca.gov* with a link to your website or music.

Fee: Free

Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

For more info and specific bands playing, please call: The Skatepark at 916-5870

The Skatepark at 510-3070

All Ages Mar 31 Fri 6-10 pm

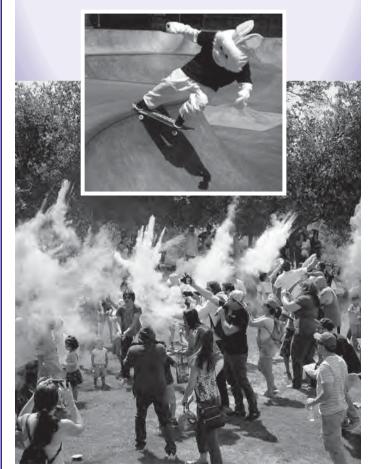
ETNIES Egg-cellent Egg Hunt & Festival of Colors

It's Springtime and time for the Skatepark to host its annual egg hunt – a great family friendly event! Come and visit with the Skateboarding Bunny, play in the bounce houses, make crafts and play fun games. There will be an egg hunt zone for ages 4 and under, as well as an all-ages egg hunt zone. The event ends with a color blast, so make sure you have clothes you don't mind getting covered in colors! The egg hunt starts at 11:15 am sharp and the color blast starts at 12 pm. Preregistration is required for this very popular event and space is limited.

Fee: \$5 – Includes egg hunt, jumpers, games, crafts, and color blast

Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

For more info call: The Skatepark at 916-5870 Barcode#: 7870 All Ages Apr 8 Sat 11 am-1 pm





SENIOR PROGRAMS



Senior Scene - Clubhouse for Seniors

Come visit us at the Clubhouse... A place where you meet new friends and create lasting memories! You'll be able to enjoy a variety of activities including card playing, tile board games, monthly game tournaments, seminars, exercise classes, craft classes and movies. This is a great place to meet new friends! No need to make a reservation for this great drop-in program. Participants must be 50+ years of age.

Fee: Free!

Location: Lake Forest Community Center (25550 Commercentre Dr)

For more info call: The City of Lake Forest at (949) 461-3450 or contact Brenda Silvey via e-mail at bsilvey@lakeforestca.gov.

B-I-N-G-O & FREE Hot Lunch provided by The City of Lake Forest every Thursday!

Seniors On-going Mon-Thu 10 am-2 pm









THURSDAYS 10:30 am: Bingo 12:00 pm: Hot Lunch

13 23 33 52 72

The Senior Scene Clubhouse will be closed Monday, May 29.

Senior Scene Calendar

Don't miss out on the **Senior Scene Clubhouse Calendar**. The Calendar is a great way to view all of the activities offered each month. If you



are a Lake Forest resident interested in receiving the quarterly calendar or no longer want the calendar, please call 461-3450 and leave your name, address and phone number (spell your last name and street address, slowly please).

Want A Snippet?

What's a Snippet? It's a monthly email "reminder" of upcoming events, activities, and excursions that are related only to the Senior Scene Clubhouse.

If you would like to receive a "Snippet," send your email address to *mnorment@lakeforestca.gov*.



FREE Blood Pressure Check

3rd Monday of each month March 20, April 17, May 15 10 am-12 pm

Location: Lake Forest Community Center 25550 Commercentre Dr Activities Room





The Senior Scene Clubhouse will kick off its First Annual PrimeTimer Games in October 2017!

Look for additional "game day" activities in your Fall Leisure Times publication at the end of July.



Look Who's Turning 15!



Happy Birthday

Senior Scene Clubhouse!

Help us celebrate on Thursday, March 9

as we walk down memory lane (ahhh...the infamous Turkey Bowling Contest). Bring your pictures and memories for all to enjoy!





Pickleball Demo



Pickleball is one of the fastest growing sports in the country. Originally popularized by a Boomer population looking for something a little more exciting than bingo but less time-consuming than a round of golf, the sport has made a generational jump and is catching fire among people of all ages. Please join us for a demonstration of this trendy sport in preparation for the City's upcoming Pickleball courts, which will open at Portola Park soon. **Pre-registration is required and space is limited.**

Location: Pittsford Park Tennis Courts

Fee: Free

To Register: Online, Mail-In, Walk-In

For more info call: Recreation Center at 273-6960

Barcode#: 7885 Families Apr 22 Sat 10 am-12 pm

Ping Pong

Dust off your paddles and join us for a friendly game of Ping Pong!

Fee: FREE

Location: Lake Forest Senior Scene Clubhouse (25550 Commercentre Dr)

(23330 Commercentie DI)

For more info call: The City of Lake Forest at 461-3450

Seniors Ongoing Tue 10 am-1 pm Seniors Ongoing Wed 2:30-4:30 pm

Senior Box Lunch Program

The Senior Box Lunch Program is offered on Mondays, Tuesdays, and Wednesdays at 11:30 am. Lunch includes a sandwich, fruit or veggie salad, a drink and a dessert. Age Well Senior Services, Inc. provides



these healthy lunch boxes...so be sure and tell your neighbors and friends! Registration is required for the program. If you would like to take your box lunch home, you must bring an insulated cooler.

Fee: \$4.50 suggested donation is requested per participant

Location: Lake Forest Community Center (25550 Commercentre Dr)

For more info or to register call: The City of Lake Forest at (949) 461-3445

Seniors Ongoing Mon-Wed 11:30 am



Providing free and low-cost civil legal services to low-income persons, families, and seniors

Need Legal Advice?

An attorney from the Legal Aid Society of Orange County will provide free legal advice to seniors through the Orange County Senior Citizens Legal Advocacy Program (SCLAP) on a wide variety of issues: Government Benefits, Health, Housing, Consumer Problems, and Elder Abuse.

To qualify for an appointment you must be:

- Orange County resident
- 60 years of age or older
- US Citizen or Permanent Resident (if you are a permanent resident, you must present your green card at time of appointment)

Please note: SCLAP does not offer representation on criminal cases, class action lawsuits, drafting wills and trusts, or cases in which you want to sue for money.

Appointments are scheduled for 20 minutes—to receive the most out of your appointment, please write down questions for the attorney.

Fee: Free

Location: Lake Forest Community Center (25550 Commercentre Dr.)

To make an appointment call (949) 461-3408 (Monday

through Thursday) from 9 am to 1 pm.

Seniors Apr 20 Thu 10:30 am-2:30 pm

Drop-In Computer Lab Hours

Feel free to stop by the Training Room to check your e-mail, practice surfing the net and practice your computer skills to improve your proficiency.

Throughout the year, the Training Room is used for in-house staff training so availability may be limited at certain times.

Please note: There is no instructor on-site.

Fee: Free!

Location: Lake Forest Community Center, Computer Lab (25550 Commercentre Dr)

For more info call: The City of Lake Forest at (949) 461-3450 Seniors On-going Mon-Thu 10 am-2 pm (On Wednesdays, the lab opens at 11 am)

During the tax preparation program, the computer lab will be closed on Mondays, throughout the month of March and April 3 and 10.

Please check the Emeritus Computer Class schedule located on page 37 for class dates and times when the Computer Lab will not be available.

731

Crafty Crafters

The Senior Scene Clubhouse offers Crafty Crafters once a month on Tuesdays. Past crafts have included tote bags, gift/holiday cards, decorative soaps, birdhouses, floral pots and much, much more. Come and find out what you'll be creating next! The only thing you need to bring is your imagination! Please call (949) 461-3408 the first Monday of the month and reserve your space for this very popular program. Look in the Senior Scene Clubhouse Calendar for dates and times!

Fee: Free!

Location: Lake Forest Community Center, Activities Room (25550 Commercentre Dr)

Young At Heart ~ Lake Forest Seniors Reading Circle



The Young At Heart~Lake Forest Seniors Reading Circle meets once a month to discuss the choices listed below...it's a time to share your point-of-view as well as listen to others' interpretations. The City provides snacks for you to enjoy during the book discussion. No need to sign up! Afterwards, drop by the Senior Clubhouse and enjoy a free hot lunch and Bingo.

Book Discussion Location: Lake Forest Community Center El Toro Room

(25550 Commercentre Dr)

For more info call: The City of Lake Forest at (949) 461-3450

Mar 16 Thu 9:30 am Small Great Things by Jodi Picoult

Apr 20 Thu 9:30 am Book selection not available

at time of publication

May 18 Thu 9:30 am Book selection not available

m Book selection not available at time of publication

St. Patty's Celebration: "Green with Envy" Luncheon



C'mere all you lads and lassies and we'll have a grand ol' time at the Eleventh Annual St. Patty's celebration. You will feast on "No Blarney" Corned Beef & Cabbage, "No Blarney" punch and "No Blarney" sweets...There's "No Blarney" about it...you're going to have a great time! Just a reminder...don't forget to wear something GREEEEN! At 11 am, the show will kick off the St. Patty's Day Celebration. DUE TO LIMITED SEATING...RESERVATIONS ARE A MUST! Lake Forest residents may register on Tuesday, February 7 by calling 461-3450 or coming to the 2nd floor reception desk during normal business hours. Non-residents may register beginning Tuesday, February 14. Each registrant will be limited to reserving two seats only. Reservations left on our department voicemail will not be accepted.

Fee: Free

Location: Lake Forest Senior Scene Clubhouse (25550 Commercentre Dr)

For Reservations Call: The City of Lake Forest at 461-3450 Barcode#: 7828 Seniors Mar 16 Thu 10 am-2 pm

Please notify staff if you are unable to attend or if you are arriving late. At 10:30 am, reserved seating will be available to those on the waitlist.

Twelfth Annual Excellence for Seniors Award Luncheon

The Excellence for Seniors Award Luncheon will honor volunteers who have made an outstanding difference in the lives of our senior community and the City's programming efforts. The prestigious Jim Sax Award, along with other volunteer awards, will be presented to individuals who have made the largest impact on the City of Lake Forest's senior programs or facilities during 2016. The month of



2015 Jim Sax Award Recipient Beverley Ford

April is associated with a nationwide program that recognizes volunteers throughout the country.

DUE TO LIMITED SEATING...RESERVATIONS ARE A MUST!

Lake Forest residents may register on Tuesday, February 7 by calling 461-3450 or coming to the 2nd floor reception desk during normal business hours. Non-residents may register beginning Tuesday, February 14. Each registrant will be limited to reserving two seats only. Reservations left on our department voicemail will not be accepted.

Fee: Free

Location: Lake Forest Community Center (25550 Commercentre Dr)

For Reservations Call: The City of Lake Forest at 461-3450 Barcode#: 7829 Seniors Apr 27 Thu 11:30 am-1 pm

Out of Africa Safari Party

"Out of Africa" more like "In Lake Forest Safari Party!" The good thing about this safari...you won't need a passport, no long flight, no malaria shot, no mosquitos, and no fear of being attacked by wild animals. Dress in your favorite safari wear...camouflage, animal prints (zebra, giraffe, leopard), khakis, hats, shorts, or dress as your favorite animal (if you dare). You will feast on wild game (beef or chicken), dance to tribal tunes (OK...tunes from our DJ), and have the chance to win opportunity prizes (you could walk away with your own zebra). You will have a wild time!

Fee: \$10 per person

Location: Lake Forest Community Center (25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Barcode#: 7830 Seniors May 19 Fri 4-7 pm





Heed to Know Humbers!



Periodically, we receive requests for phone numbers and felt that these numbers would be useful. Cut them out and keep them handy for future use!

AARP 888-687-2277
ACCESS (Reservations/Information) 877-628-2232
ACCESS (Eligibility) 714-560-5956
Age Well Senior Services, Inc 855-8033 (formerly South County Senior Services)
City of Lake Forest City Hall 461-3400
Council on Aging 714-479-0107
Non-Disabled Housing Information 714-480-2864
Elder/Disabled Adult Abuse 800-451-5155
HiCap Services 800-434-0222
Human Services Information 2-1-1
Irvine Valley College/Emeritus 451-5555
Meals on Wheels380-0155 ext.12
Medicare Fraud Hotline 800-447-8477
OCTA (Transportation) 800-636-7433
Office on Aging 800-510-2020
Orange Caregiver Resource Center 800-543-8312

Senior Golf Days at Lake Forest Golf and Practice Center

If you like being outdoors and meeting new friends, Senior Golf Days is a program just for you! This program is put on by Outdoor Explorations. It includes six outings of nine holes of golf, warm-up balls, snacks, and a weekly putting contest.

Fee: Lake Forest Senior residents – \$66; Non-residents – \$84

Location: Lake Forest Golf and Practice Center (23308 Cherry Ave)

For more info or to register call: Angela Kelly at (949) 632-0300



TEE TIMES

Session 89 Seniors Apr 13-May 18 Tue or Thu only 7:45-8:15 am



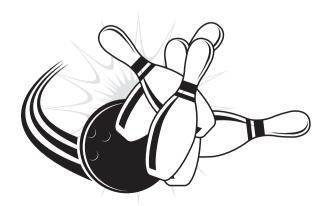
Senior Bowling League at Forest Lanes

Bring your friends and form your own team, or sign up individually. It's Jackpot Friday for all Senior Bowlers! Join and participate in this fun-filled afternoon and win the Jackpot! All skill levels are welcome. Fee includes games and Jackpot... if you win!

Fee: \$9 per resident senior (plus \$3 shoe rental) \$11 per non-resident senior (plus \$3 shoe rental)

Location: Forest Lanes (22771 Centre Dr)

To Register Call: Forest Lanes at (949) 770-0055
Seniors On-Going Fri 1-3:30 pm





AARP Tax Aide-Get Free Tax Help

The City of Lake Forest and AA RP are excited to offer this free tax preparation program to middle and low-income tax-payers. AARP Tax-Aide is a charitable non-profit organization that has assisted over 34 million taxpayers in filing their tax returns. Call and make your tax appointment today! It's as easy as 1-2-3! Please note that those taxpayers with complex tax returns will be advised to seek professional tax assistance (i.e., Partnerships, Rentals, and Estates).

Fee: Free

Location: Lake Forest Community Center, 25550 Commercentre Dr, Lake Forest

(corner of Bake Parkway and Commercentre Drive) in the Community Center's Activities Room.

For an appointment call Monday, January 23: The City of Lake Forest at 461-3408

Mondays, 9:30 am-1 pm

- March 6, 13, 20 & 27
- April 3 & 10

What should you bring to your tax appointment?

- Copy of 2015 income tax returns
- 2016 W-2 forms from each employer
- 2016 Unemployment compensation statements
- 2016 SSA-1099 form if you were paid Social Security benefits
- 2016 All 1099 forms (1099-INT, 1099-DIV, 1099-MISC, 1099R-Pension or annuity)
- All 2016 forms indicating federal income tax paid
- All 2016 receipts or cancelled checks if itemizing deductions

AARP Driver Safety Course (Two-day course)

Would you like to be more confident behind the wheel? Then we have a class for you! *This instructional class is for the mature driver (50+)*. You will learn better driving techniques and ways to spot and correct bad driving habits, save on auto insurance and help to maintain mobility and independence after completing this great course.

Fee: \$15 (AARP members; \$20 non-members) 1 Class session (check made payable to AARP)

Location: Lake Forest Community Center (25550 Commercentre Dr)

To Register: Mail-In, Walk-In. No On-line Registration is available for this program.

For more info call: The City of Lake Forest at (949) 461-3450 Barcode#: 7832 Seniors Apr 14 & 15 Fri & Sat 8:30 am-12:30 pm

The City of Lake Forest offers great excursions for Adults, Seniors and Families! Senior excursions are open to individuals ages 50 and over, while excursions for Adults are for individuals 18 and over. Family Excursions are open to all ages. Pre-registration is required for all excursions and all trips include transportation on a luxury bus, snacks, and admission. A meal may be included if specified in the description. Upon confirmation of your registration, departure details will be mailed to you. *Tickets that are purchased for City of Lake Forest Excursions are non-transferable*.

Senior Transportation, Two Ways To Go!

1. Senior Scene Clubhouse Participants

The City of Lake Forest offers door-to-door transportation service to Lake Forest Seniors participating in the Senior Scene Clubhouse activities Monday through Thursday.

To make a reservation for transportation services, please contact Age Well Senior Services, Inc. at (949) 855-9766. It is "mandatory" that all reservations and cancellations be made *at least 24 hours* in advance. Cost is fifty cents per trip. For more information please call 461-3450.

2. Taxi Transportation

Do you need a ride to a doctor's appointment, or visit a friend? We offer a transportation program 7-days a week/24 hours a day...including holidays.

How it works!

You must -

- Be a Lake Forest resident & 60 years of age or older
- Provide proof of residency and age upon purchase of vouchers (driver's license, utility bill, passport or birth certificate)
- Pre-Purchase Vouchers

Where to purchase taxi vouchers

- City Hall 25550 Commercentre Dr., Lake Forest (2nd Floor)
- Monday Friday (closed alternating Fridays)
- 8 am 5 pm
- Cash or checks only no credit cards

Cost of vouchers to the Senior Scene Clubhouse Monday through Thursday (10 am-2 pm)

• \$1 one way

Cost of vouchers within Lake Forest City limits to non-emergency medical appointments, socializing, pick-up prescriptions, movies, etc.

• \$2.50 one way

Cost of vouchers to Non-Emergency Medical appointments to the following facilities only

- \$5 one way Saddleback Memorial Hospital
- \$7 one way South County Orthopedic Specialists (SCOS), Kaiser Hospital (Irvine), Hoag Hospital (Irvine), and Mission Viejo Hospital

Please note: Taxi vouchers are non-refundable, non-transferrable and valid one year from date of purchase.

For additional information call (949) 461-3450.



HICAP

Health Insurance Counseling and Advocacy Program

What is Medicare? When can I enroll? Am I eligible? How do I sign up? Who could possibly help me figure all this out without trying to sell me something I don't need?

HICAP CAN HELP YOU! HICAP is a volunteersupported program that provides free counseling and educational services for older adults and their families. You can arrange for an individual counseling appointment with a HICAP counselor to get the most current information available to help you find your way through the maze of health insurance regulations and coverage. If you want to know what benefits and services you're entitled to and how the health care system works, call and make an appointment.

Through working with a HICAP counselor, you will get unbiased information to help you make the best choices for your individual health care needs as HICAP counselors cannot sell, endorse, or recommend any specific insurance.

HICAP can help you understand:

- Your rights as a health care consumer
- Medicare benefits, including how to appeal Medicare and HMO denials
- Medicare and health insurance jargon
- Private Medicare supplemental health insurance policy benefits and exclusions
- HMOs and how they work including emergency assistance with denials
- Long-term care insurance

To Make an Appointment, Please Call (949) 461-3408 and Leave Your Name and Phone Number.

Appointments are available from 10 am-2 pm on the **second Tuesday** of the month: Mar 14, Apr 11, & May 9

EXCURSIONS

The excursions listed below are large City excursions (may accommodate up to 45 participants). Registration begins for these excursions for Lake Forest Residents on Tuesday, February 7 and Non-Residents on Tuesday, February 14. Registration for large City excursions is ongoing.

Excursion Refund Policy: In the case of a City excursion, if a refund is requested and the City is able to fill the spot, the participant will receive a full refund minus the \$10 administrative fee. In the case that the City is not able to fill the spot, no refund will be given.

Registration for senior mini-excursions is the first Wednesday of each month at noon, taking place in the Senior Scene Clubhouse. Mini excursions may accommodate up to 13 participants.



Casino Pauma - M Pauma Valley



Whether you seek the excitement of the slots or the thrill of table games, Casino Pauma has 35,000 sq. ft. of Casino Gaming to keep you winning around the clock. The 24-hour gaming floor features 1,000 slot machines - both Reel and Video (one-cent to \$5), 19 table games (Black Jack, EZ Pai Gow, Mystery Card Roulette, and Ultimate Texas Hold 'Em, Pauma 3 Card and Live Poker). Pauma Casino offers three eateries...Pauma Café, The Grove Buffet (\$8.95 pp) and the Deli and Pizzeria. Upon arrival, participants will receive a \$5 gift card toward gaming and a \$5 discount on food.

Fee: \$10 per person

To Register: Online, Mail-In, Walk-In For more info call: The City of Lake Forest at 461-3450

Barcode#: 7834 Adults/Seniors Mar 22 Wed 9 am-5:30 pm

Wheel of Fortune Taping at Sony Studios – Culver City



Experience a live taping at Sony Studios as you hear those

infamous phrases "I would like to buy a vowel...I would like to solve the puzzle" have been heard countless times since 1975 when the Wheel of Fortune Game Show debuted. Did you know Chuck Woolery was the first host of "Wheel"? Pat Sajak and Vanna White have hosted the syndicated version since 1983.



Fee: \$20 per person

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450 Barcode#: 7835 Adults/Seniors Apr 6 Thu 9:15 am-3:30 pm

35

Ultimate Dinosaurs Exhibit at San Diego Natural History Museum – San Diego

Based on ground-breaking research from scientists around the world, *Ultimate Dinosaurs* reveals a new breed of dinosaurs that evolved in isolation in South America, Africa, and Madagascar--dinosaurs



unfamiliar to popular imagination and virtually unknown to most North Americans. Cutting-edge, 21st century technology puts a new twist on these prehistoric creatures, bringing them to life like never before. A self-guided exhibition featuring 16 fully-articulated dinosaur specimens from the tiny Eoraptor to the massive Giganotosaurus (T. Rex's bigger, badder cousin). The fee also includes the Museum's permanent exhibitions, as well as viewing the 3-D movie "Sea Monster" in the Giant Screen Theater. A box lunch will be provided (sandwich, cookie, fruit & drink).

Fee: \$65 per person

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450 Barcode#: 7836 Adults/Seniors May 30 Tue 7:30 am-6 pm

Done with this brochure?

Don't throw it away! Pass it on to your friends and family so they can sign up for our great Spring programs too!



SENIOR EMERITUS CLASSES through Saddleback College

Emeritus classes are offered for active seniors. The City of Lake Forest partners with Saddleback College's Emeritus Program to offer courses especially designed to meet the education and recreational interests of seniors.

Pre-registration is recommended for all classes.

All Senior Emeritus Classes through Saddleback College are FREE of charge.

Emeritus Main Office: 949-582-4835

Saddleback College Emeritus Institute Online

To view entire Registration Instructions, please visit saddleback.edu/uploads/emeritus/dponlinereginstructions.pdf

- Log in to Mysite
 - Go to **Saddleback.edu**
 - Login and Password Box
- Go to Registration
- Click My Classes and Register
- Update your information
 - Answer all questions with a red*
 - Important Social Security Number Information
- Register for Classes
 - Enter Class Ticket Number, then click: Add Class
- Finish
- Registration Confirmation Screen: Lists all classes for which you registered.

Wearable Art (Saddleback College)

Design and construct a garment incorporating techniques such as applique, surface design, bobbin work, fabric manipulation, dimensional texture and collage. Designed for the older learner.

Instructor: M South Location: CH-Lounge

Tic#: 16735 FASH 124x Seniors Jan 23-May 22 Mon 8:45-11:50 am

(No class Feb 20)

Beginning Practical Spanish (Saddleback College)

Basic fundamentals of Spanish for the older adult. Includes reading, comprehension, speaking, and writing. Emphasis will be placed on development of conversational skills.

Instructor: M Duran DeMehranfard

Location: CH Activity Rm

Tic#: 17040 SPAN 230x Seniors Jan 17-May 23 Tue 2-3:35 pm



Advanced Practical Spanish (Saddleback College)

Designed to develop fluency in Spanish. The emphasis is on expression and conversation in Spanish.

Instructor: M Duran DeMehranfard

Location: CH Activity Rm

Tic#: 17045 SPAN 232x Seniors Jan 19-May 25 Thu 9-10:50 am

Current Issues in Government (Saddleback College)

Exploration of current issues and loads, environment, terrorism, and conflicts. Focuses on the impact of these events on the lives of older adults.

Instructor: Charles Wilbourn

Location: CH Lounge

Tic#: 17070 PS214x Seniors Jan 19-May 25 Thu 10:30 am-12:20 pm

Birds of the World (Saddleback College)

Includes bird ancestry, evolution, systematics, distribution, topography, behavior (song, territoriality, migration), and techniques of field identification of birds. Designed for older adults who wish to actively participate in a course outdoors. Includes field trips to local sites.

Instructor: Dr. V Leipzig

Location: Sports Park Mtg Rm 2

Tic#: 17090 BIO 226x Seniors Jan 18-May 24 Wed 8:30-11 am

Beginning Chinese Brush Painting (Saddleback College)

Introduction to the techniques of Chinese Brush Painting including concepts in the design and composition of traditional subjects, mounting of completed paintings. Designed for the older learner.

Instructor: C Ho Location: CH-CCB

Tic#: 17490 ART 55xa Seniors Jan 23-May 22 Mon 8:45-11:50 am

Registration for all Senior Emeritus classes is done through Saddleback College and Irvine Valley College directly. City of Lake Forest registration methods DO NOT apply to Emeritus class registration.

SENIOR EMERITUS CLASSES through Irvine Valley College

EMERITUS CLASSES are offered for active seniors. The City of Lake Forest partners with Irvine Valley College's Emeritus Program to offer courses especially designed to meet the educational and recreational interests of seniors. Pre-registration is recommended for all classes.

Registration For Senior Emeritus Classes Only

To register for the Emeritus Classes the following options are available.

On-Line Registration log onto www.123getsmart.com

- Click on the button "Register for Emeritus Classes"
- Click on the link in the left column "Emeritus"
- Select "Class Category" (i.e., Fitness) in the blue column on the left. (Class sections are on the right in alphabetical order...click on the class you want.)
- Click on the "Class Course Number" for the section you want
- Click the "Add" button
 - RETURNING STUDENTS ONLY: Enter your "Account number and Pin Number"
 - NEW STUDENTS ONLY: Proceed to click on "Create New Account." (your previous IVC Student Number and Pin Number do not work on this system)
 - Fill in all your personal contact information. (At this time you may also add other members of your family/household on this same account by clicking on the button "Add new family member" after you have completed the information for the primary contact.
 - The class will now be added. You can select under the "Client" column whom you would like registered in the course.
 - Choose the button to continue "Shopping for more classes" or "Go to checkout"
- Complete your credit card information and click on "Complete Transaction"
- IVC will send you a copy of your receipt w/your log-in ID and Pin Number for future classes

If you have difficulty registering online, please call 949-451-5555 for assistance.

Phone Registration

Call 949-451-5555 Monday through Friday 9 am-5 pm

Mail form and payments to:

IVC Emeritus Institute, 5500 Irvine Center Dr., Irvine, CA 92618

Fax form to IVC: 949-451-5270



Computer Classes

Introduction to Social Media (IVC)

Facebook is a social networking site that makes it easy for you to connect and share with your family and friends online. This class will focus on the fundamentals which consist of creating an account, personalizing a profile, and adding friends to your network. Additional social Media sites will be discussed.

Instructor: Benjamin Schramm Fee: \$20 per ticket number

Location: Lake Forest Community Center (25550 Commercentre Dr)

Tic#: 80032	Seniors	Tue	Mar 7	12-1 pm
Tic#: 80033	Seniors	Tue	Apr 4	12-1 pm
Tic#: 80034	Seniors	Tue	May 2	12-1 pm

Facebook in Greater Depth (IVC)

This class will focus on advanced aspects of Facebook, including uploading pictures and videos, communicating via Facebook Messenger and more. (Minimum enrollment must be met.)

Instructor: Benjamin Schramm Fee: \$20 per ticket number

Location: Lake Forest Community Center (25550 Commercentre Dr)

Tic#: 80036	Seniors	Tue	Mar 7	1-2 pm
Tic#: 80037	Seniors	Tue	Apr 4	1-2 pm
Tic#: 80038	Seniors	Tue	May 2	1-2 pm

Email Basics (IVC)

This class will introduce students to email as a communication means for the new age. Students will familiarize themselves with Google's Email Platform called Gmail. Additionally, students will create a free email address, and learn the basics of sending and receiving emails, the benefits and drawbacks, and more.

Instructor: Benjamin Schramm Fee: \$20 per ticket number

Location: Lake Forest Community Center (25550 Commercentre Dr)

Tic#: 80040	Seniors	Tue	Mar 14	12-1 pm
Tic#: 80041	Seniors	Tue	Apr 11	12-1 pm
Tic#: 80042	Seniors	Tue	May 9	12-1 pm

Android Smart Phones & Google Apps (IVC)

Students with "Android Smart Phones" and/or Android Tablets will be introduced to Popular "Apps" designed specifically for their devices. This class will look at Google Apps (Gmail, Photos, Calendars, Notes, and Music.) Students must know their Gmail account Username and Password.

Instructor: Benjamin Schramm Fee: \$20 per ticket number

Location: Lake Forest Community Center (25550 Commercentre Dr)

Tic#: 80044	Seniors	Tue	Mar 14	1-2 pm
Tic#: 80045	Seniors	Tue	Apr 11	1-2 pm
Tic#: 80046	Seniors	Tue	May 9	1-2 pm

Buying and Selling on Ebay (IVC)

Students will learn how to search, buy, sell, and navigate through Ebay- the world's largest auction web site. Students will create an Ebay account, identify trusted sellers, and utilize reviews to ensure their Ebay experience is a fulfilling one.

Instructor: Benjamin Schramm Fee: \$20 per ticket number

Location: Lake Forest Community Center (25550 Commercentre Dr)

Tic#: 80048	Seniors	Tue	Mar 21	12-1 pm
Tic#: 80049	Seniors	Tue	Apr 18	12-1 pm
Tic#: 80050	Seniors	Tue	May 16	12-1 pm

Online Shopping (IVC)

Students will learn how to purchase everyday items, at the best price, Online, by using Amazon.com, Jet.com, and others. Additionally, we will look at "Product Reviews" and how to determine which retailers are "Trusted."

Instructor: Benjamin Schramm Fee: \$20 per ticket number

Location: Lake Forest Community Center (25550 Commercentre Dr)

Tic#: 80052	Seniors	Tue	Mar 21	1-2 pm
Tic#: 80053	Seniors	Tue	Apr 18	1-2 pm
Tic#: 80054	Seniors	Tue	May 16	1-2 pm

Art Classes

Bead Stringing (IVC)

Netting, Chevron, St. Petersburg, and Spiral Stitches. Most stitches can be made flat, tubular, and round. There will be some emphasis on stringing with wire and how to finish bead work. Discussions on beads, tools, and reading patterns and designing will be done throughout the course to help you understand more about working with beads. Students will be encouraged to create their



own style and bring any beading supplies they own. A list of supplies will be given at the first class.

Instructor: Tania Addington

Fee: \$40

Location: Meeting Rm 1

Lake Forest Recreation Center (28000 Rancho Pkwy)

Tic#: 69355	Seniors	Thu	Jan 12-May 4	1-3 pm
*No class on April 13				

Fitness

Chinese Fan Boxing (IVC)

Fan boxing is a Chinese Kung Fu routine using a bamboo and cloth fan, held in the right hand. Learn techniques for handling and use of the fan; including strikes, blocks, jabs and deflections, as well as a short choreographed movement set. Materials: Fans will be available to purchase from the instructor at \$15 each on the first day of instruction. Students already owning a fan may bring their own; however fans will be subject to inspection and approval by the instructor prior to use in the class.

Instructor: JoAnna Schoon

Fee: \$40

Location: Activity Rm 2

Lake Forest Recreation Center (28000 Rancho Pkwy)

Tic#: 69340 Seniors Tue Jan 17-Apr 4 11 am-12 pm

It's Never Too Late Fitness (IVC)

Low impact weight bearing aerobics, strength training, stretching and flexibility movements are the core of this health and fitness class suited to the needs of the individual. Students will need to bring a mat or towel and small hand weights.

Instructor: Rene Fiore-Burton

Fee: \$30

Location: Lake Forest Recreation Center

(28000 Rancho Pkwy) – Activities Room 2

Tic#: 69175 Seniors Thu Feb 2-Apr 27* 10-11:30 am

*No class on April 13

Dyna-Band Workout (IVC)

Increase your strength and mobility using Dyna-bands. Dyna-bands or resistance bands, (which are long latex strips) are used to increase muscle strength. Learn to properly perform exercises using these popular resistance bands in combination with low-impact aerobics and gentle stretching. Workouts include a cool down time with gentle stretching and breathing to relax all body parts. This class includes the Arthritis exercise program.

Instructor: Jada Robitaille

Fee: \$25

Location: Lake Forest Community Center (25550 Commercentre Dr)

Tic#: 69470 Seniors Tue Jan 31-Apr 11 12:30-2 pm

Pilates (IVC)

Pilates strengthens and tones muscles, increases flexibility, develops proper body alignment, improves coordination and develops an increased sense of body awareness. Class includes stretches that enhance physical fitness and focus on total body conditioning to correct body alignment and improve your posture. Wear comfort able clothing and bring a mat to class.

Instructor: Jada Robitaille

Fee: \$30

Location: Lake Forest II Sun & Sail Club (24752 Toledo Way)

Tic#: 69515 Seniors Tue Jan 31-Apr 11* 10-11:30 am *No class on March 21

Aquatic Fitness Training (IVC)

Designed for swimmers and non-swimmers to develop and maintain physical fitness through aerobic conditioning in the water. Emphasis is on training to improve balance and cardiovascular fitness.

Instructor: Barbara Stockler

Fee: \$20

Location: Lake Forest I Beach & Tennis Club

(22921 Ridge Route)

Tic#: 69415 Seniors Tue Jan 24-Mar 28* 2-3:30 pm Tic#: 69430 Seniors Thu Jan 26-Mar 30** 2-3:30 pm

Fee: \$10

Location: Lake Forest I Beach & Tennis Club

(22921 Ridge Route)

Tic#: 80026 Seniors Tue Jan 24-Mar 28* 2-3:30 pm Tic#: 80027 Seniors Thu Jan 26-Mar 30** 2-3:30 pm

*No class on March 21
**No class on March 23

Yoga (IVC)

Instruction and practice will include passive exercise especially adapted to seniors; stretching, relaxing, breathing and working together in rhythm as directed. Repetition of this course allows students to build skills and increase their fitness level.

Instructor: Eugenia Lane

Fee: \$36

Location: Lake Forest Community Center (25550 Commercentre Dr)

Tic#: 69180 Seniors Wed Feb 1-Apr 19 1-2:30 pm

Tai Chi Ch'uan (IVC)

Tai Chi Ch'uan, an ancient Chinese exercise that provides both mental and physical health benefits. Improve balance, lower high blood pressure and increase vitality with tai chi! Learn tai chi movements, self-massage acupressure and the philosophy of tai chi ch'uan.

Instructor: Richard Caramagno

Fee: \$25

Location: Lake Forest Community Center (25550 Commercentre Dr)

Tic#: 69550 Seniors Wed Feb 8-May 10 9-10:30 am

Advanced Tai Chi Ch'uan (IVC)

This class is an advanced tai chi class for students Guang-Ping Yang tai chi.

Instructor: Richard Caramagno

Fee: \$25

Location: Lake Forest Community Center (25550 Commercentre Dr)

Tic#: 69365 Seniors Wed Feb 8-May 10 10:30 am-12 pm



HOW TO REGISTER

Spring 2017 Registration Dates

Lake Forest Residents: Tuesday, February 7

Non-Residents: Tuesday, February 14



ON-LINE REGISTRATION

Call the City of Lake Forest at 461-3450 to get your Family On-Line Account set-up. We recommend calling prior to **Tuesday**, **February 7**.

Go on-line to https://online.activecommunities.com/lfreconline to register or visit the City's website at www.lakeforestca.gov and click on the on-line registration button located under Recreation Classes or on the left hand side of the home page.



MAIL-IN REGISTRATION

Complete the Program Registration Form and enclose your check payable to the "City of Lake Forest." Please complete a registration form with a separate check for each program.

Mail to: City of Lake Forest, Attn: Program Registration, 25550 Commercentre Drive, Suite 100 Lake Forest, CA 92630



Bring the Program Registration Form, your check, or cash to City Hall, located at 25550 Commercentre Drive (2nd floor), or the Lake Forest Recreation Center (28000 Rancho Parkway), Lake Forest, CA 92630.



Refund Policy

- A full refund will be given for any activity cancelled by the City of Lake Forest.
- In the case of City excursions and day camp programs, if a refund is requested and the City is able to fill the spot, the participant will receive a full refund minus the \$10 administrative fee.
- 3. In the case that the City is not able to fill the spot, no refund will be given. Refunds may take up to 30 days to process from the date of cancellation of a program.
- 4. Registrations for City of Lake Forest Excursions are non-transferable.
- 5. Refunds will not be given for any portion of recreation classes after the second meeting of the class has taken place. If a refund is requested prior to the second week of class, a refund will be given minus a \$10 administrative fee.
- Refunds are not given for any program that may be cancelled by the patron with a fee of \$10 or less per participant (per receipted transaction).

General Information

- 1. All programs are subject to cancellation or schedule changes.
- 2. We do not pro-rate any of our classes or programs; late registrants will be obligated to pay full price for the course.
- 3. In the case that we receive your Program Registration Form and the activity is full, we will put you on the wait list.
- 4. Please submit a separate check for each program with your registration form. In the case that you do submit one check for numerous activities and one of them is full, we cannot process your registration and it will be returned to you.
- 5. Upon receipt of your paid registration, you will be a confirmed registrant for your desired class or classes. Your cancelled check will serve as your receipt. If you would like a printed receipt sent to you, please enclose a self-addressed, stamped envelope when submitting your completed registration form.
- 6. Returned check policy: If your check is returned to us, you will be charged a \$25 fee in addition to the amount of the original check. You will be prohibited from registering for future programs until any returned check issues are resolved.
- 7. Activities may be cancelled if the minimum is not met. You will be contacted if a class or program for which you have registered has been cancelled.

Questions on Registration? Call 461-3450



City of Lake Forest • Community Services Division

Program Registration Form

If you need more than one registration form, please photocopy.

PRIMARY CONTACT (responsible adult for registering persons into courses)						
	Last Name First Name Ma					☐ Male
		First Name First Name			r ormano	
	Birthday (mm/dd/yy) Email Street Address City, State, Zip					
				ie, Zip		
		act Phone Number (DI /	\	
Emerg	gency Co	ntact	Emerger	ncy Phone ()	
ОТН	ER FAI	MILY MEMBERS living	with primary contact	ct (spouse.	children, etc.)	
		thdates must be filled out of			,	
		Last Name	First Nar	ne	Birthday	Sex
					(mm/dd/yy)	□M□F
					(mm/dd/yy)	□M □F
					(mm/dd/yy)	□ M □ F
Please m	nake sure r	registrant meets the minimum or n	naximum age requirements for	or class enrolln	nent prior to submitting Program	Registration Form
Bar	code #	Participant Name	Birthday	Sex	Activity Name	Fees
			(mm/dd/yy)	\square M \square F		
If you need special assistance for this program, please contact the Recreation Division ASAP at 461-3450. REFUND POLICY In the case of a City excursion, if a refund is requested and the City is able to fill the spot, a full refund minus the \$10 administrative fee will be given to the participant. In the case that the City is not able to fill the spot, no refund will be given. Refunds may take 30 days from date of cancellation to process. Refunds will be not be given for any portion of recreation classes after the second meeting of the class. In the case refunds are requested prior to the second class meeting, a full refund minus the \$10 administrative fee will be given. Refunds are not given for any program that may be cancelled with a fee of \$10 or less per participant (per receipted transaction).						
PARTICIPANT AND/OR PARENT RELEASE FORM						
		t to treatment and all medical ca			ident or injury.	☐ Yes ☐ No
	Ū	pay any and all costs incurred of activity/event photography ar			lia promotion.	☐ Yes ☐ No
I permit the use of activity/event photography and/or video of my child or myself for media promotion. Yes No Please contact me via email regarding upcoming city events and news at: Yes No						
I agree to waive and release the City of Lake Forest (City), its officers, agents, employees and volunteers, from and against any claims, costs, liabilities, expenses or judgments, including attorney's fees and court costs arising out of my participating in the City's Programs or any illness or injury resulting therefrom, and hereby agree to indemnify and hold harmless the City from and against any and all claims, except for illness and injury resulting directly from gross negligence or willful misconduct on the part of City or its employees.						
I HAVE READ AND UNDERSTAND THIS RELEASE FORM LIABILITY.						
Date						
(Signature) Parent or Guardian must sign for those under 18 years of age						
Mail this form with your payment to: City of Lake Forest ATTN: Program Registration 25550 Commercentre Drive, Suite 100 Lake Forest, CA 92630 Questions on Registration? Call 461-3450						
Rece	eipt of thi	s signed form and your paym	nent confirms your regist	ration based	upon availability until the a	ctivity is full.
Office Use Only	Receipt	Paid By # Check#	Paid By: Cash Amount		redit Card ype	Initial/ Date

City Of Lake Forest Park Guide Parks Make Life Better!



Playground

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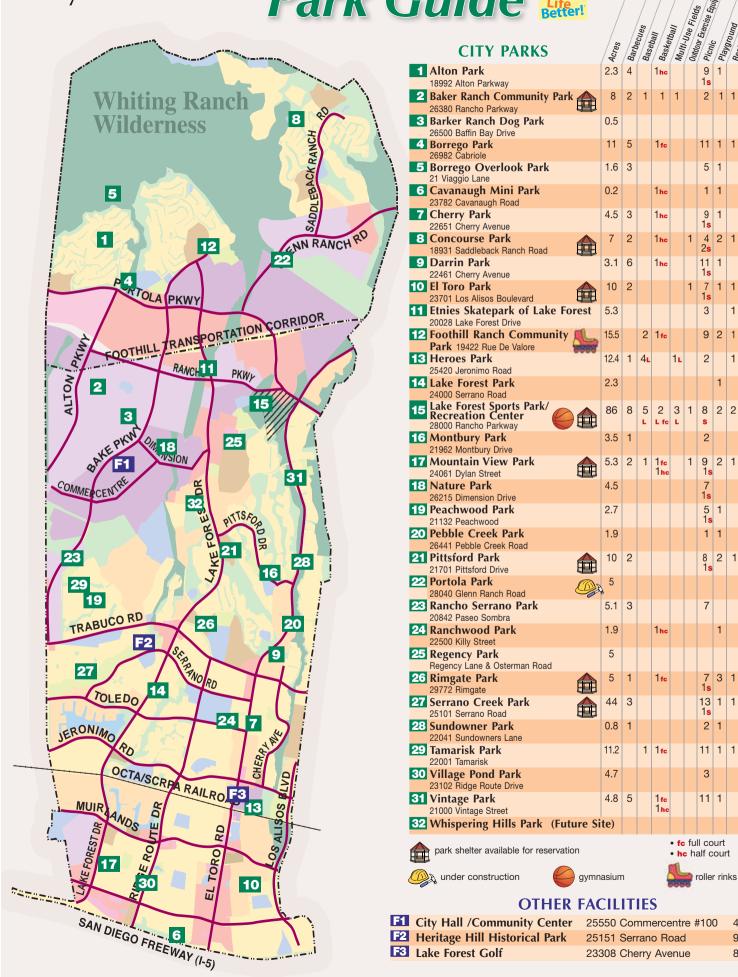
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A page the... Senior Scene Clubhouse Photo Book



A place where you meet new friends and create lasting memories!



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Transportation • Programs • Social Services • Emeritus Classes • Excursions and more ...

For additional program info, see pages 28-38.